

# Supplements in the Time of Covid-19

(Dihmes & LaPenna, 2021)  
[www.drDihmes.com](http://www.drDihmes.com)

According to the NIH (2021), data are insufficient to support the recommendation of the following to prevent or treat COVID-19.

However, these vitamins, minerals, herbs, and supplements can aid in boosting the immune system.

## Andrographis

An herb traditionally used in Chinese medicine

*Contains anti-inflammatory, antiviral, and antioxidant properties. Aids in managing cold and flu symptoms and acts as a natural immune-booster*

## Magnesium

Essential mineral presented in many foods, such as leafy green vegetables, nuts, seeds, and whole grains

*Low magnesium intake can lead to decreased immune cell activity, increased inflammation, hypertension, cardiovascular disease, and obesity, which are all associated with poorer COVID-19 outcomes*

## Melatonin

A supplement that is generally used to control sleep and wake cycles

*Contains anti-inflammatory, antioxidant, and immune-enhancing properties*

## Zinc

An essential nutrient present in a wide variety of foods, such as beef, pork, poultry, beans, dairy, and whole grains. Zinc can also be taken as supplements

*Contains antiviral activity, improves immune cell function, and reduces the ability of viruses to multiply*

## Probiotics

Live microorganisms that are naturally present in some fermented foods, added to food products, or can be taken as supplements

*Improves immune function in several ways, reduces inflammation, and helps prevent bacterial and viral infections*

## Vitamin C

Essential nutrient found in fruits and vegetables, such as citrus fruits, tomatoes, potatoes, and peppers. Can also be taken as a supplement

*Contains antioxidant, antimicrobial, and antiviral effects. Plays an important role in immune function and immunity*

## Vitamin D

Essential nutrient that is naturally present in only a few foods, such as fatty fish, beef liver, cheese, and egg yolks. Can also be taken as a supplement

*Lowers viral replication rates, suppresses inflammation, and plays a large role in immunity*