

PreEP (Pre-Exposure Protocol):

Aspirin 325MG: As an anticoagulant protective agent to work against micro-clotting that can be detected with a d-dimer test: <https://clinicaltrials.gov/ct2/show/NCT04365309>

Vitamin A 15,000IU Palmitate: The mechanisms of action of Vitamin A against SARS-CoV-2 include enrichment of immunoreaction, inhibition of inflammatory reaction, and biological processes related to reactive oxygen species: <https://pubmed.ncbi.nlm.nih.gov/32805728/>

Vitamin B12 1000mcg: Vitamin B because it plays a pivotal role in cell functioning, energy metabolism, and proper immune function. Vitamin B assists in proper activation of both the innate and adaptive immune responses, reduces pro-inflammatory cytokine levels, improves respiratory function, maintains endothelial integrity, prevents hypercoagulability and can reduce the length of stay in hospital. Therefore, vitamin B status should be assessed in COVID-19 patients and vitamin B could be used as a non-pharmaceutical adjunct to current treatments:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7428453/>

Vitamin C 1000MG: Antioxidant with anti-inflammatory properties and assists with immunity: <https://www.covid19treatmentguidelines.nih.gov/therapies/supplements/vitamin-c/>

CoQ-10 100MG

Selenium 200mcg: Used together to reduce oxidative stress and inflammation in viral infections: <https://pubmed.ncbi.nlm.nih.gov/34279837/>

Vitamin D3 10,000IU: Addresses viral replication and hyperinflammation. Most people are naturally low in Cholecalciferol (D3) especially during colder months and progression of age:

<https://jamanetwork.com/journals/jama/fullarticle/2776736>

Magnesium 500MG: Beneficial for the treatment of lung related diseases: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7486870/>

N-Acetyl-Cystine 600MG (NAC): NAC has antioxidant, anti-inflammatory and immune-modulating characteristics that may prove beneficial in the treatment and prevention of SARS-Cov-2.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7649937/>

Quercetin 1000MG: A potent antioxidant / flavonoid with an excellent safety profile, has powerful antioxidant, anti-inflammatory, immunomodulatory and antiviral properties, and can potentially help in the early stage of SARS-CoV-2 viral infection to prevent disease development and progression and possibly modulate the cytokine storm. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8238537/>

Zinc 100MG: Zinc may potentially reduce the risk of SARS-CoV-2 infections and shorten the duration and severity of illness: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7395818/>

**My protocol has been discussed with others in the medical field, but should not be construed as medical advice. This is what I use after long hours of review to assist in building the immune system and to minimize the effects of SARS-Cov-2 should I get infected. The initial infection is the viral replication period followed by the cytokine storm – where the body's immune system is working overtime. SARS-Cov-2 is a pathogen that attacks the circulatory system – hence problems with clots in the lung (anti-coagulant Aspirin therapy), myocarditis and pericarditis which is inflammation of the heart muscle and cannot be reversed; the goal is minimizing and treating inflammation.