

Nutrients & Dosages To Consider

THIS IS NOT MEDICAL ADVICE. Every situation is unique and every person must check with his or her own physician, especially if you are taking any other medication.

Zelenko Protocol, Vladimir Zelenko MD

See full treatment list here: <https://vladimirzelenkomd.com/treatment-protocol/>

Low risk patients

Supportive care with fluids, fever control, and rest

Elemental Zinc (Zn-Zyme Forte) 50mg 1 time a day for 7 days

Vitamin C (Bio C Plus 1000) 1000mg 1 time a day for 7 days

Vitamin D3 (Bio D Mulsion Forte) 5000iu 1 time a day for 7 days

Optional over the counter options

Quercetin (Bio FCTS) 500mg 2 times a day for 7 days or

Epigallocatechin-gallate (EGCG) 400mg 1 time a day for 7 days

Moderate / High risk patients Include:

Azithromycin 500mg 1 time a day for 5 days or

Doxycycline 100mg 2 times a day for 7 days

Hydroxychloroquine (HCQ) 200mg 2 times a day for 5-7 days
and/or

Ivermectin 0.4-0.5mg/kg/day for 5-7 days

Front Line COVID-19 Critical Care Alliance, flccc.net

See full treatment list here: <https://covid19criticalcare.com/covid-19-protocols/i-mask-plus-protocol/>

Prevention Protocol, Immune Fortifying/Supportive Therapy

Vitamin D3 (Bio D Mulsion Forte) 1,000-3,000 IU/day

Vitamin C (Bio C Plus 1000) 500-1,000 mg 2x daily

Quercetin (Bio FCTS) 250 mg/day

Zinc (Zn-Zyme Forte) 30-40 mg/day (elemental zinc)

Melatonin (Melatonin B6) 6 mg before bedtime (causes drowsiness)

Early Treatment Protocol - includes above in addition to:

Iodine nasal spray/drops – povidone-iodine 1% solution - 4-5 drops in each nostril every 4 hrs

Aspirin 325 mg daily unless contraindicated

Curcumin (CurcumRx) 500 mg 2x daily

Black cumin seed 80 mg/kg daily

Testing Considerations Post Vaccination

D-dimer - by-product of blood clotting process

C-reactive protein – nonspecific anti-inflammatory marker

Troponin – released from damaged heart cells

CD4 and CD8 lymphocyte counts – immune system

Proteolytic Enzymes and Viruses

Proteolytic Enzymes fight viruses in 3 ways:

1. The overproduction of fibrin from chronic inflammation caused by environmental toxins and highly processed foods can, over time, block blood flow and trap red blood cells, preventing oxygen from reaching tissues and waste from being removed.
Proteolytic enzymes dissolve excess fibrin and are the body's only defense against fibrin. The body's own production of proteolytic enzymes drastically decreases after age 27.
DOI: 10.3390/biom3040923
2. **Proteolytic enzymes help to control inflammatory processes** by lowering elevated inflammatory markers and boost many components of the immune system to fight infections.
<http://dx.doi.org/10.4236/aer.2015.31001>
3. The outer protein coating on a virus, the capsid, protects the virus and helps it to attach to a host cell and multiply. Viruses also have protein spikes that extend from their outer layer to help the virus infect new cells.
Proteolytic enzymes have a cleaving effect on the capsid as well as the protein spike thus able to break them down. DOI: 10.36478/jeasci.2018.3125.3130

Biotics Product Offerings

Immune Support Packs – comprehensive support for natural immune response. Nine different products in one packet for convenience. Consider one pack for prevention and increase as necessary based on clinical judgement.

Vitamin D: Bio-D-Mulsion, Bio-D-Mulsion Forte, Bio-DK Caps, Bio-DK-Mulsion

Vitamin C: Bio-C Plus, Bio-C Plus 1000

Zinc: Zn-Zyme, Zn-Zyme Forte, Aqueous Zinc

Quercetin: Bio-FCTS

EGCG: EGCG-200mg

Melatonin: Melatonin-B6/Mg, Alpha-Theta Ultra PM

Curcumin: CurcumRx, KappArest

Proteolytic Enzymes: Intenzyme Forte, Bromelain Plus CLA, Bromelain Plus

Dysbiocide – anti-dysbiotic

FC-Cidal – herbal antimicrobial, antiviral formula

Cytozyme THY - Neo Natal Thymus tissue

White willow bark (original source for salicylates – **aspirin**): Bio-Allay

Website Resources

***IMPORTANT NOTE: Some search engines such as Google will not allow certain websites to open. If you have problems opening a site, try using a private search engine that does not use trackers such as **DuckDuckGo**.

The Association of American Physicians and Surgeons, Covid Patient Treatment Guide

<https://aapsonline.org/CovidPatientTreatmentGuide.pdf>

Telemedicine Resources for COVID treatment

www.c19protocols.com (click Facilities from menu)

Medical and VIDEO Resources

www.AAPSONline.org, www.c19study.com, www.CovidPatientGuide.com

White Paper on Hydroxychloroquine

<https://americasfrontlinedocs.com/wp-content/uploads/2020/07/White-Paper-on-HCQ-2020.2.pdf>[ntlinedocs.com](https://americasfrontlinedocs.com)

Americas Frontline Doctors, Medical and Legal Resources

americasfrontlinedoctors.org

Protocols for Early Treatment, Prevention, Long COVID

<https://c19protocols.com>

Doctors for Covid Ethics

<https://doctors4covidethics.org>

Medical Guidance by Medical Organizations and Government Agencies

Collection of Peer-Reviewed Published Case Reports/Series

<http://www.c19vaxreactions.com>

Research Articles

Huang, Junqing et al. **“Current Prevention of COVID-19: Natural Products and Herbal Medicine.”** *Frontiers in pharmacology* vol. 11 588508. 16 Oct. 2020, doi:10.3389/fphar.2020.588508.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7597394/>

Gioia, Magda et al. **“Role of proteolytic enzymes in the COVID-19 infection and promising therapeutic approaches.”** *Biochemical pharmacology* vol. 182 (2020): 114225. doi:10.1016/j.bcp.2020.114225.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7501082/>