

Evidence-Based COVID-19 and FLU Prevention and Risk Reduction Supplementation Protocol

Szabo, Z et al. (2020) The Potential Beneficial Effect of EPA and DHA Supplementation Managing Cytokine Storm in Coronavirus Disease. *Frontiers in Physiology* 11: Article 752

Grant et al. (April 2020) Evidence that Vitamin D Supplementation Could Reduce Risk of Influenza and COVID-19 Infections and Deaths. *Nutrients* 12, 988; doi:10.3390/nu12040988

Levine, SA. The importance of a balanced approach to vitamin D supplementation. *Journal of Orthomolecular Medicine*. 2011;26(1):15-20.

QUOTE BOARD:

"Therefore, the use of EPA and DHA [omega-3 fatty acids] supplementation should be considered as both a supportive therapy and a prevention strategy in SARS-Cov-2 infection."

"Because they share a receptor, if we supplement either vitamin D or vitamin A in an unbalanced fashion, we create a functional deficiency of the one not supplemented."

"To reduce the risk of infection, it is recommended that people at risk of influenza and/or COVID-19 consider taking 10,000 IU/d of vitamin D3 for a few weeks to rapidly raise 25(OH)D concentrations, followed by 5000 IU/d."

Key Concepts:

1. Sufficient intake of omega-3 fatty acids and Vitamins A + D is essential for immune function, especially immune defense against Influenza (flu), Rhino (cold), and Corona (covid) viruses
2. Deficiencies in these essential nutrients leads to reduced baseline immune defense against these viruses and/or to increased hyper-inflammatory responses to these viruses leading to cytokine storm and Acute Respiratory Distress Syndrome (ARDS)
3. Supplementation with sufficient daily amounts (not mega or bolus doses) of these essential nutrients has been clinically shown to decrease inflammation and thus the risk of cytokine storm and/or ARDS and/or to decrease the risk of infection and/or reduce severity of infection from these viruses
4. The Vitamin A and Vitamin D receptors on immune cells (phagocytes and T-cells) require proper synergistic amounts of both Vitamins A and Vitamin D to properly up-regulate these receptors to allow sufficient intake of these vitamins into the immune cells to express proper immune function
5. Innate Choice® OmegA+D Sufficiency™ is the only supplement in the world that combines fish oil, cod liver oil (with naturally occurring pre-formed Vitamins A and D), and extra vitamin D in order to provide sufficient amounts of Omega-3 and Vitamins A and D, AND, provide the proper synergistic amounts of Vitamins A and D

Key Take Home Points:

OmegA+D Sufficiency™ COVID-19/Influenza Prevention and Risk Reduction Supplementation Protocol:

GEL CAPS: First month – 4 caps of OmegA+D Sufficiency™ and 12 drops of Vitamin D Sufficiency DAILY; This provides 10,000 IU/day of Vit D and sufficient and synergistic amounts of Omega-3 and Vit A.

Ongoing – 4 caps of OmegA+D Sufficiency™ and 2 drops of Vit D Sufficiency DAILY; This provides 5,000 IU/day of Vit D and sufficient and synergistic amounts of Omega-3 and Vit A.

LIQUID: First month – 2 TSPS of OmegA+D Sufficiency™ and 12 drops of Vitamin D Sufficiency This provides 10,000 IU/day of Vit D and sufficient and synergistic amounts of Omega-3 and Vit A.

Ongoing – 2 TSPS of OmegA+D Sufficiency™ and 2 drops of Vit D Sufficiency.

To order Innate Choice® COVID/FLU protocol visit www.innatechoice.com