

Robert G. Smith of Germantown Monthly Meeting has shared with our Meeting that, since the risk of Covid-19 infection is greatly increased by deficiencies of vitamin C, vitamin D, magnesium, zinc, and selenium, supplements of these vitamins and minerals will help to reduce the risk of infection. This scientific information may help to save lives, so we hope that other Friends Meetings will take the time to consider and utilize it.

The suggested doses are larger than the RDA, but have been observed to be effective. Suggested adult doses are: vitamin C, 1000 mg 3x per day (take less if you get a laxative effect), vitamin D, 5000 IU per day, magnesium, 400 mg per day (in malate, citrate, or chloride form), zinc, 20 mg per day, copper 2mg/day. In addition, take a one-a-day multivitamin that includes selenium (100 mcg). These supplement doses are inexpensive and safe, and are an excellent way to reduce your risk. Appropriate doses for children are proportional to body weight. You can also gargle with hydrogen peroxide to lower your risk of infection. If you get a viral sore throat or lung infection, you can slow or stop it by nebulizing with hydrogen peroxide. You should discuss this information with your doctor. For more information, please refer to:

#### Vitamin C:

<http://www.orthomolecular.org/resources/omns/v17n27.shtml>  
<http://orthomolecular.org/resources/omns/v16n25.shtml>  
<https://www.abc.net.au/news/2020-12-03/mega-dose-of-vitamin-c-treats-sepsis-florey-institute-austin/12939202>  
<https://www.anhinternational.org/news/why-the-cleveland-clinic-trial-on-vitamin-c-and-zinc-failed>  
<https://www.otago.ac.nz/christchurch/research/nutrition-in-medicine/vitamin-c>  
<https://www.mdpi.com/1420-3049/25/22/5346/htm>  
<https://nutritionj.biomedcentral.com/track/pdf/10.1186/s12937-021-00727-z.pdf>

#### Vitamin D:

<https://doi.org/10.3390/nu17030599>  
<https://www.orthomolecular.org/resources/omns/v21n04.shtml>  
<http://orthomolecular.org/resources/omns/v18n01.shtml>  
<https://doi.org/10.3390/ijms221910559>, <https://www.mdpi.com/2072-6643/14/3/639/htm>  
<http://orthomolecular.org/resources/omns/v17n21.shtml>  
<https://pubmed.ncbi.nlm.nih.gov/34046177>, <https://pubmed.ncbi.nlm.nih.gov/34057814>  
<https://pubmed.ncbi.nlm.nih.gov/34097036>, <https://pubmed.ncbi.nlm.nih.gov/33744444>  
<http://orthomolecular.org/resources/omns/v16n49.shtml>  
<https://www.mdpi.com/2072-6643/12/11/3361/htm>  
<https://www.sciencedirect.com/science/article/pii/S0960076020302764?via%3Dihub>  
<https://youtu.be/ha2mLz-Xdpg>, <https://www.youtube.com/watch?v=8UzpvtRqleY>  
<https://www.youtube.com/watch?v=znbZSO3Kao0>, <https://www.youtube.com/watch?v=NuWC2d0mTbo>  
<https://www.nutraingredients.com/Article/2020/10/01/COVID-19-Scientists-raise-the-vitamin-D-alarm>  
[https://vitamindwiki.com/tiki-index.php?page=Dr. %20Fauci%20takes%206%2C000%20IU%20of%20Vitamin%20D%20daily%20%E2%80%93%20Sept%202020](https://vitamindwiki.com/tiki-index.php?page=Dr.%20Fauci%20takes%206%2C000%20IU%20of%20Vitamin%20D%20daily%20%E2%80%93%20Sept%202020)

#### Protocols for prevention and treatment:

<http://orthomolecular.org/resources/omns/v17n29.shtml>, <http://orthomolecular.org/resources/omns/v17n19.shtml>  
<https://www.sciencedirect.com/science/article/pii/S2405457721001145?via%3Dihub>  
<https://www.townsendletter.com/article/orthomolecular-covid-19-protocols>  
<https://covid19criticalcare.com>  
<http://orthomolecular.org/resources/omns/v16n31.shtml>, <http://orthomolecular.org/resources/omns/v16n55.shtml>  
<http://orthomolecular.org/resources/omns/v17n03.shtml>  
[https://www.vitaminc4covid.com/wp-content/uploads/2021/01/C4COVID\\_Recommendations.pdf](https://www.vitaminc4covid.com/wp-content/uploads/2021/01/C4COVID_Recommendations.pdf)

To reduce risk of infection, you can gargle with ordinary hydrogen peroxide solution (3%), and to assist in relieving an oncoming infection in nasal passages, throat, and lungs, you can nebulize:

<https://pubmed.ncbi.nlm.nih.gov/35594985>  
<http://orthomolecular.org/resources/omns/v16n43.shtml>, <http://www.RVR.MedFoxPub.com>