**Covid- 19 Treatment protocol pre-vaccine and post vaccine.**

Collated in response to community need by M. Harris and M. Gardiner.

Pro-informed Choice.

**Fundamental Principles**

**Treatment Options**

**Elemental Zinc.  50mg**     *1 time a day. Blackmores Bio Zinc contains 25mg zinc so 2*

**Vitamin D3   5000iu**                 *1 time a day or up to 5 a day of the 1000iu strength.*

**Vitamin C   1000mg**                *1 time a day.*

**Quercetin  500mg**                    *2 times a day*

**Bromelain 250 mg**                    2 times a day

https://www.nowfoods.com/supplements/quercetin-bromelain-veg-capsules

*Alpha glycosyl isoquercitrin by Integrative Therapeutics more bioavailable allowing for lower dose.*

*Phytosomal Quercetin by Thorne another option delivers 250mg.*

*Jarrow brand has also been mentioned in the literature studied.*

**Glutathione or L reduced Glutathione 500mg**      *1 time a day*

*NutriFlair offers a 700mg option of the active Liposomal form*

**Pineneedle Tea**

*A white pine needle tea can deliver benefit as it contains suramin.* [*https://www.ebay.com.au/itm/185032001611*](https://www.ebay.com.au/itm/185032001611)

**Further Covid protocol links:**

[www.CovidPatientGuide.com](file:///E:\Website\Research\Covid-19\treatments\Treatment%20protocols\ www.CovidPatientGuide.com)

[www.c19Protocols.com](file:///E:\Website\Research\Covid-19\treatments\Treatment%20protocols\www.c19Protocols.com)

[www.TheCovidRemedy.com](file:///E:\Website\Research\Covid-19\treatments\Treatment%20protocols\www.TheCovidRemedy.com)

[www.FlemingMethod.com/best-available-published-evidence](file:///E:\Website\Research\Covid-19\treatments\Treatment%20protocols\www.FlemingMethod.com\best-available-published-evidence)

[www.StopWorldControl.com/cures](http://www.StopWorldControl.com/cures)