

Therapeutic Considerations for COVID-19

IMMUNE BOOSTING

1. *Elderberry Powdered Drink Mix*: Elderberry has shown to boost the immune system by multiple different pathways as well as being a viral disrupter.
 - Consider stopping once a confirmed case has been detected should a “cytokine storm” be a concern.
 - <https://www.ebpowder.com/product/elderberry-powder-60-servings/> (\$49.99/60 servings. Available at NextGenRx).
2. *Vitamin C/Vitamin D/Zinc*: Studies have shown that these vitamins and mineral support the immune system. All of these are present in the Elderberry Powdered Drink Mix, however, there simply is not enough of each to be considered as enough to prepare the immune system for this particular virus. <https://mynextgenrx.com/immune-boost/> (\$49.99/90 day supply-members \$64.99/90 day supply-Non-members)
3. *High Dose Vitamin D*: Recently I have seen reports that intake of Vitamin D at levels of 10,000-15,000IU or higher is working really well should you contract the virus. And upon a confirmed positive test, to increase intake to north of 30,000IU for a short period of time. We have just started compounding Vitamin D3 15,000IU at NextGenRx as it is hard to find a Vitamin D dosage higher than 10,000IU per capsule.
4. *Magnesium*: There are many options of magnesium on the market. However, it is important to select a salt that can be absorbed by the body. OptiMag 125 by Xymogen \$28.21/120 capsules (1 capsule by mouth twice daily).

Obviously, I wouldn't be doing my job if I didn't mention proper hand hygiene. We have some hand sanitizer available if needed. Recently we have started a pay it forward program called RxAngels. With each \$5 contribution to that program, you will receive one bottle of hand sanitizer.

TREATMENT

1. Generic Pulmicort Respules (Budesonide) 0.25mg/2ml and/or 0.5mg/2ml #30 doses = \$60 #60 doses = \$110 -Rx Required
2. Nebulizer = \$35/ea
3. Aspirin 81mg Chewable Tab #36 = \$2.39
4. Azithromycin (Z-Pak). Rx required. \$10 Complete as directed upon first diagnosis. Or Clarithromycin 500mg #20 1T PO BID = \$18

ADDITIONAL ITEMS TO CONSIDER:

- *Silver for oral use*. This should be used frequently. 1-2 tablespoons 4-8 times per day. Available at NextGenRx
- *Acetaminophen (Tylenol)*. Use up to 3 grams per day as needed for pain/inflammation relief.
- *Medrol Dose Pack/Dexamethasone*. Rx Required Use this for 6-14 days to help with inflammation and prevention of the cytokine storm noted with COVID-19. Start when cytokine storm is suspected.
- *Hydroxychloroquine*. Rx Required. 200-400mg in 1-2 dosages per day.
- *Low Dose Naltrexone*. Rx Required. This may also be used prior to a diagnosis as an immune booster. I have had several colleagues report great results when patients take this. There is a lot of information available on the web about Low Dose Naltrexone, just not necessarily as it relates to COVID-19 treatment/prevention. <http://ldninfo.org/>

DO NOT USE IBUPROFEN OR OTHER NSAID's IF SUSPECTED OR CONFIRMED POSITIVE WITH COVID-19!

**reference available upon request*