

At Medical Age Management our health of our patients is the outmost importance and, in a time, when health is at our top priority, we want to make sure to help you make every possible decision to improve and protect your health. We would like to provide a list of vitamins and supplements that will aid in our immune boosting efforts. While these may all be great options, we want to make sure that we find what is best suited for your body. We are available to consult and answer any questions to find what vitamins and supplements work best for you. Please reach out and call us at 619-795-6700 If you would like to set up a zoom or phone consultation to get started with supplements today!

## ZINC

50 Mg Per Day With Food - Zinc has been recognized for its antiviral effects for decades and is generally accepted as useful in treating the common cold and cold sores. There have been studies showing that zinc can help fight many viruses. Many forms of zinc are available as supplements. Learn more here on the studies on zinc.

<https://www.ncbi.nlm.nih.gov/pubmed/24823619>

## QUERCETIN

500-1000 Mg Per Day - Quercetin is an antioxidant and anti-inflammatory that plays a major role in boosting your immune system. This can be found in vegetables and fruit, with properties that may improve mental/physical performance and reduce infection risk. Learn more here on the studies on quercetin.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4808895/#B54-nutrients-08-00167>

## MELATONIN

Melatonin is naturally produced in our body and works as a elevate powerful molecules within our body to fight against viral infections and in this case, COVID-19. It is naturally occurring in the parts of the body that need it most, including the brain, heart and nervous system. Production of melatonin decrease in the human body as we grow older, therefore the importance of maintaining a healthy level of melatonin is important particularly in this time. Learn more here on the studies of melatonin.

<https://www.evolutamente.it/covid-19-pneumonia-inflammasomes-the-melatonin-connection/>

## VITAMIN C

1,000 Mg Per Day - Vitamin C has been used for prevention of infection and treatment of the common cold

for decades and even centuries. T-lymphocytes are particularly important in fighting infection. Vitamin C has been found to be very important in the production and maturation of T-lymphocytes. Grandmothers all over the globe would agree, taking your vitamins and supplements are important. Learn more here on the studies of Vitamin C.

<https://www.ncbi.nlm.nih.gov/pubmed/16373990>

<https://www.ncbi.nlm.nih.gov/pubmed/12134712?dopt=Abstract>

Vitamin D:

5,000 IU Per Day Minimum- In new evidence vitamin D has been connected to play a major role on the immune system. Some studies show that the deficiency of Vitamin D may confer an increased risk of respiratory tract infection. Therefore, vitamin D represents a potentially useful intervention for combating viral infection. Learn more here on the studies of Vitamin D.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3308600/>

<https://www.ncbi.nlm.nih.gov/pubmed/16959053?dopt=Citation>

N-Acetyl Cysteine (NAC)

500-1,000mg Per Day - N-Acetyl Cysteine (NAC) Glutathione is a major cellular antioxidant that works as an anti-inflammatory mediator. Partnering and supporting our mitochondria that is a huge player in maintain a healthy support of the body's defense system against coronavirus. N-Acetyl Cysteine promotes healthy lung tissues while supporting glutathione levels. Glutathione is very unstable when taken orally so it works much better injected or IV. But orally, NAC (N-Acetyl-Cysteine) is a simple, stable, amino acid which greatly boosts Glutathione. Learn more on what better suits your body by consulting with us.