



The Essential Nutrient System

Recovery - Wellness - Prevention - Performance

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

Important NEW Research Your Family Needs to Know:

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

“Based on the available data, the supplementation of EPA and DHA in COVID-19 patients appears to have potential beneficial effect in managing the “cytokine storm.””

“Therefore, the use of EPA and DHA supplementation should be considered as both a supportive therapy and a prevention strategy in SARS-Cov-2 infection.”

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

“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.”

Based on the above, and the enormous amount of evidence from the peer-reviewed literature (summarized in my April and March 2020 Research Reviews) it is clear that:

Sufficient intake of omega-3 fatty acids and Vitamin D is essential for immune function, especially immune defense against Influenza (flu), Rhino (cold) , and Corona (covid) viruses.

Evidence-Based Supplementation Protocol

First month – 2 TSPS of Omega Sufficiency™ and 20 drops of Vitamin D Sufficiency

This provides 10,000 IU/day of Vit D and sufficient amounts of Omega-3.

Ongoing – 2 TSPS of Omega Sufficiency™ and 10 drops of Vit D Sufficiency

This provides 5,000 IU/day of Vit D and sufficient amounts of Omega-3.

