Immune Support against SARS-Cov-2



400 mg

orally twice daily

Monthly cost for \$2.50

regardless of brand

Dehydroepiandrosterone (DHEA)

50 mg

orally twice daily

Monthly cost for \$5 - \$10

regardless of brand

Zn (Zinc)

10-15 mg

orally once daily

Brands

Solgar USA 10mg Kirkland USA to Lamberts Gr 25mg Health Aid Gr

Monthly cost for \$2.50 - \$4.30

depending on tablet size

Approximate Monthly Expenditure for Immune System Support against Covid -19 ~\$**33** USA

Mg (Magnesium)

200 mg

orally twice daily

Brands

Solgar USA \$13 Kirkland USA \$10 NowFoods USA \$15 AMHealth Gr 30€ 9€ Lamberts Gr Health Aid Gr

Monthly cost for

60caps - 200mg Magnesium citrate ~\$13 USA. 15€ Gr

depending on brand

Vitamin Bs

B_o Folate 3 mg B₁₂Cobalamine 3 mg B_c Pyridoxine 30 mg

orally once daily

Brands

Solgar USA \$5.50 Kirkland USA \$3.50 NowFoods USA \$4 AMHealth Gr 5€ Uni-Farma Gr 6€ PowerHealth Gr

Health Aid Gr Monthly cost for

30 caps, B-complex

6€

\$3.80 USA, 6.50€ Gr

depending on brand

Vitamin D₂

1500-2000*IU

orally daily * must be taken with Mg-Omega₃-K₂

Brands

Kirkland USA \$1.50 NowFoods USA\$4.50 AMHealth Gr 14€ Lamberts Gr 10€ D₂Fix Gr 10€ Health Aid Gr 8€ Solgar Gr 10€

Monthly cost for

60caps - 2000IU could be taken with Vit.Ka

~\$3 USA. 10€ Gr depending on brand

Vitamin C

1-2 gr

orally 4 times daily (every 3-4 hrs when awake)

Brands

Most USA Brands~\$5.50 Kirkland USA \$2 NowFoods USA \$3 ~ 10€ Solgar Gr AMHealth Gr 8.50€ Lamberts Gr 12€ PowerHealth Gr 9€ Health Aid Gr 14€

Monthly cost for

60 caps bottle *price per capsule 4-6 cents

\$2.50 USA, 11€ Gr

depending on brand