

Immune Support for SARS-Cov-2

• First Phase with Mild Syptoms

Calcium Carbonate

400 mg

orally twice daily

Monthly cost for

\$2.50

regardless of brand

DHEA

Dehydroepiandrosterone (DHEA)

50 mg

orally twice daily

Monthly cost For

\$5 - \$10

regardless of brand

Zn (Zinc)

25 mg

orally twice daily

Brands

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

Monthly cost for

\$2.50 - \$4.30

depending on tablet size

Mg (Magnesium)

800 mg

orally daily

*according to capsule divided equally

Brands

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

Monthly cost for

60caps - 200mg magnesium citrate
\$13 USA, 15€ Gr

depending on brand

Vitamin Bs

B₉ Folate 3 mg
B₁₂ Cobalamine 3 mg

B₆ Pyridoxine 30 mg

orally twice daily

Brands

Solgar USA	\$5.50
Kirkland USA	\$3.50
NowFoods USA	\$4
AMHealth Gr	5€
Uni-Farma Gr	6€
PowerHealth Gr	9€
Health Aid	6€

Monthly cost for

30caps all B-complex
\$3.80 USA, 6.50€ Gr

depending on brand

Vitamin D₃

4000-6000*IU

orally daily

* must be taken with Mg-Omega₃-K₂

Brands

Kirkland USA	\$1.50
NowFoods USA	\$4.50
AMHealth Gr	12€
Lamberts Gr	10€
D ₃ Fix Gr	10€
Health Aid Gr	8€
Solgar Gr	10€

Monthly cost for

60caps - 2000IU could be taken with vit.K₂
\$3 USA, 10€ Gr

depending on brand

Vitamin C

2-4 gr

orally 4 times daily

(every 3-4 hrs when awake)

Brands

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

Monthly cost for

60 caps bottle *price per capsule 4-6cents

\$2.50 USA, 11€ Gr

depending on brand

Approximate Monthly Expenditure for Immune System Support against Covid -19

\$ < 50 USA