

Vitamin C Protects Against Coronavirus

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(OMNS January 26, 2020) The coronavirus pandemic can be dramatically slowed, or stopped, with the immediate widespread use of high doses of vitamin C. Physicians have demonstrated the powerful antiviral action of vitamin C for decades. There has been a lack of media coverage of this effective and successful approach against viruses in general, and coronavirus in particular.

It is very important to maximize the body's anti-oxidative capacity and natural immunity to prevent and minimize symptoms when a virus attacks the human body. The host environment is crucial. Preventing is obviously easier than treating severe illness. But treat serious illness seriously. Do not hesitate to seek medical attention. It is not an either-or choice. Vitamin C can be used right along with medicines when they are indicated.

"I have not seen any flu yet that was not cured or markedly ameliorated by massive doses of vitamin C."

(Robert F. Cathcart, MD)

The physicians of the *Orthomolecular Medicine News Service* and the International Society for Orthomolecular Medicine urge a nutrient-based method to prevent or minimize symptoms for future viral infection. The following inexpensive supplemental levels are recommended for adults; for children reduce these

in proportion to body weight:

Vitamin C: 3,000 milligrams (or more) daily, in divided doses.

Vitamin D3: 2,000 International Units daily. (Start with 5,000 IU/day for two weeks, then reduce to 2,000)

Magnesium: 400 mg daily (in citrate, malate, chelate, or chloride form)

Zinc: 20 mg daily

Selenium: 100 mcg (micrograms) daily

Vitamin C [\[1\]](#), Vitamin D [\[2\]](#), magnesium [\[3\]](#), zinc [\[4\]](#), and selenium [\[5\]](#) have been shown to strengthen the immune system against viruses.

The basis for using high doses of vitamin C to prevent and combat virus-caused illness may be traced back to vitamin C's early success against polio, first reported in the late 1940s.[\[6\]](#) Many people are unaware, even surprised, to learn this. Further clinical evidence built up over the decades, leading to an anti-virus protocol published in 1980.[\[7\]](#)

It is important to remember that ***preventing and treating respiratory infections with large amounts of vitamin C is well established***. Those who believe that vitamin C generally has merit, but massive doses are ineffective or somehow harmful, will do well to read the original papers for themselves. To dismiss the work of these doctors simply because they had success so long ago sidesteps a more important question: Why has the benefit of their clinical experience not been presented to the public by responsible governmental authorities, especially in the face of a viral pandemic?

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