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## Debunking Medical Myths: Do dietary supplements help prevent or treat COVID-19?

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# DEBUNKING MEDICAL MYTHS

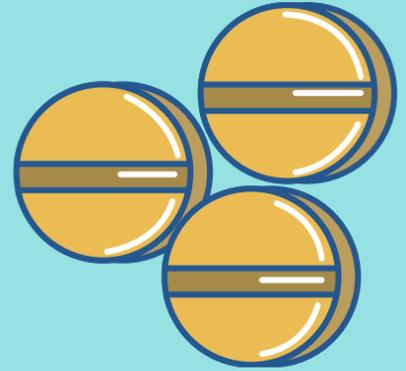


Do dietary supplements help prevent or treat COVID-19?

There is currently no research trial that shows that any of the vitamins listed (Vitamins A, B, C, D, or Zinc) are directly effective in the fight against COVID-19. However, there is evidence that these vitamins may have a role in battling this global pandemic by boosting the immune system.

## 1 ZINC

Sources of zinc include meat, legumes (beans, peas, and peanuts), dairy, eggs and whole grains, as well as zinc supplements. Zinc can boost the immune system by helping the body produce antibodies and immune cells. Increased antibodies and immune cells help the body fight off infection.



## 2 VITAMIN A

Found in animal sources like meat, fish and eggs as well as fruits and vegetables. It helps to regulate genes, maintain our vision and overall eye health, and it increases the production and differentiation of immune T cells. Vitamin A helps to fight against toxic chemicals which harm our lungs and improves the ability of our lung cells to regenerate.

## 3 VITAMIN C

Also called ascorbic acid, Vitamin C is found in fruits and vegetables that are red, yellow, or orange in color as well as most citrus fruits. Vitamin C has been shown to help improve respiratory symptoms related to the common cold. Vitamin C has also been shown to strengthen your everyday immune system by helping your white blood cells protect you against bacteria and viruses.



## 4 VITAMIN D

Besides keeping your bones healthy, vitamin D also helps your immune system prevent you from getting sick and fight infection. Vitamin D is found in foods like dairy products, fish, and eggs, and is made in the skin with sun exposure. Up to 40% of the US population is deficient in vitamin D, most often due to inadequate levels in the diet or lack of sun exposure. Speak with your doctor if you feel you may be at risk for deficiency, as supplementation may help you stay healthy.

## 5 VITAMIN B

B vitamins are a group of vitamins that include vitamins B1, B2, B3, B5, B6, B7, B9 (also called folate), and B12. Vitamins B6, B9 (folate), and B12 play a role in regulating the immune system, so deficiencies in any of these vitamins can lead to reduced immune function. Vitamin B12 is found in meats like turkey and tuna, and Vitamin B9 (folate) is found in plants like nuts, whole grains, and potatoes.



\* Taking too many vitamins can have serious side effects.