

A Preliminary Study of COVID-19 Prevention through Vitamin C, D, and Zinc Supplementation in a Small Clinic Setting: Part I & II

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ABSTRACT

At the time of this study India had the third highest COVID-19 infection rate in the world after the US and Brazil, but that statistic is currently in flux due to a few rapidly changing variables and, therefore, it seemed an appropriate setting for a supplementation study. Following a successful preliminary trial of vitamin C, D and zinc supplementation in 2020 with the staff at a small medical clinic in India, a second opportunity arose to continue the trial from January-March 22nd due to a coronavirus outbreak during the beginning of March 2021. It resulted in nearly a doubling of COVID-19 cases within the country in two weeks (March 8th - March 22nd) possibly due to a new Indian variant B.1.617 with multiple mutations and/or other international variants like B.1.1.7 that were also present in the population by this time. As a result, a nighttime curfew and other restrictions were imposed for the whole month. An outbreak also occurred locally in a nearby city where the incidence of coronavirus cases increased and this happened prior to vaccination of the medical staff as part of the country's universal inoculation campaign for healthcare workers, which began in January 2021 (one clinic clerk who travelled to the district civil hospital to receive the vaccine during the course of this second study was disqualified; all other clinic staff were inoculated after March 22nd). Although the clinic had closed during the first lockdown between March and mid-June 2020, it remained open to the public for this second wave in March 2021. During this period, the medical & non-medical staff continued following the same supplementation regimen as they had in July-December 2020 for Part I of this trial with positive results. Once again, in Part II of the trial, there were no COVID-19 cases recorded among any of the staff members at the clinic, which is situated in a rural community.

Keywords: Novel coronavirus, COVID-19, Obesity, Diabetes, Hypertension, Cigarette smoke, Vitamin C, Vitamin D, Zinc, RNA virus replication

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