

## Shopping List

My sister always asks me to pick out supplements for her, so that she does not have to figure out which one to get. This list is made to make purchases more convenient. I cannot guarantee that the quality of the product will not change, but I have tried most those listed, and been pleased with them. I have not purchased multiple brands to test and compare. I have no commercial stake in any of these companies or vendors. As stated, this list is simply made for the user's convenience.

L-methylfolate (5-MTHF) 1000 mcg) Note: I prefer 800 mcg (per day), but this is close enough and easier to find.

<https://www.amazon.com/Life-Extension-Optimized-L-Methylfolate-Vegetarian/dp/BooUDoIPYU>

Zinc citrate 15 mg (1/2 tablet a day for prevention, one a day during illness)

<https://www.amazon.com/Natural-Factors-Citrate-Support-Function/dp/Boo19LWOB2>

Zinc Acetate. Note: While I am of the opinion that zinc acetate is a more favorable zinc compound, it is hard to find in a reasonable form and low enough dose. I do not enjoy zinc acetate lozenges, and one would need to break them in half, which is not an easy feat; I compound my own zinc acetate capsules, but I am not recommending this to the average user.

## Vitamin D3

<https://www.amazon.com/Now-Supplements-Vitamin-D-3-Softgels/dp/BooOV7EIH8>

Note: I have not tried this product but trust the NOW brand. Most vitamin D supplements have much more vitamin D3 than I recommend for anti-COVID-19 or anti-influenza immunity.

What I personally use is one half of a 1000 IU vitamin D3 gummy to get 500 IU per day. If you look at the labels, many 2000 IU vitamin D3 gummies are actually a "two gummy" dose – so each gummy is 1000 IU, and I cut them in half. Here is an example of one.

<https://www.amazon.com/Vitafusion-Organic-Gummy-Vitamin-Count/dp/Bo7N9RBJSS>

Vitamin B12: Should be either chewable or a lozenge, and in the form methylcobalamin. Dose depends on nutritional status; generally, 500 mcg by age 50 and 1000 mcg daily by age 65 for prevention. During COVID-19, I suggest 2500 mcg of methylcobalamin per day.

<https://www.amazon.com/Jarrow-Formulas-Methylcobalamin-B12-Supports/dp/BooVE9B9II>

A hard to find medium dose pyridoxal 5'-Phosphate (low dose is preferred, this is 25 mg)

<https://www.amazon.com/Seeking-Health-5-phosphate-Supplement-Vegetarian/dp/BOOXO756X2>

L-methylfolate, active vitamin B6, and B12. Generally, I prefer individual component supplements so that I can control the dose of each agent. Nevertheless, for persons wanting to use 5-MTHF, vitamin B12, and low dose active vitamin B6 this looks like a good choice, using two per day.

<https://www.amazon.com/Jarrow-Formulas-Pyridoxal-5-phosphate-Lozenges-Supports/dp/Bo1IJR5VM2>

N-acetyl cysteine 600 mg (2 – 5 over a day)

<https://www.amazon.com/Puritans-Pride-N-Acetyl-Cysteine-Capsules/dp/BOO4R6360E>

Note: These smell bad. Really bad. I keep them in the refrigerator and that diminishes the smell.

Apigenin 50 mg by Swanson, from Amazon (2 – 5 over a day)

<https://www.amazon.com/gp/product/BOO1TELJIQ>

Same apigenin from Ebay at better price and free shipping

<https://www.ebay.com/itm/Swanson-Apigenin-Capsules-50-mg-90-Ct/172956393353>

Pomegranate Juice Powder (1 level tsp. twice a day)

<https://www.amazon.com/gp/product/BOO1TNW23U>

This is freeze dried juice powder; it can be added to a beverage, but adding it to water does not make a nice juice. Alternatively, pomegranate juice can be used; about 3 oz for mild, and 6 oz per day for more severe COVID.

<https://www.amazon.com/POM-Wonderful-Pomegranate-Juice-Bottles/dp/BOOJoIG92Q>

Ginger Juice (2 oz. spread over a day)

<https://www.amazon.com/gp/product/BOOHYJR9YK>