

Immune Power Supplements

NUTRIENT	MAINTENANCE	DURING INFECTION
Vitamin A	1,500µg (5,000iu)	6000µg (20,000iu) *1
Beta-carotene	4mg	10mg
Vitamin C	1g to 3g (increase with age)	8g daily up to 1g an hour
Vitamin D	15µg to 35µg(winter)	50µg to 100µg *2
Vitamin E	100mg	100mg
Zinc	10mg	50mg to 100mg *3
Selenium	50µg to 100µg	100µg to 200µg
Glutathione	50mg	150mg to 500mg
Or N-Acetyl Cysteine	100mg	250mg to 1,000mg
Co-Q10	10mg	100mg
Lipoic acid	10mg	20mg
Anthocyanidins	20mg	40mg *4
Resveratrol	20mg	40mg

OPTIONAL EXTRAS

Elderberry extract	1g to 15g *5
Echinacea	2,000mg (8mls tincture)
Berberine and Goldenseal	1,500mg *6
Aged Garlic	2.6g to 10g
Reishi (Ganoderma), Cordyceps, Chaga	Follow product dosage
Quercetin	250mg to 750mg

1. If pregnant don't exceed maintenance dose for vitamin A
2. Take what you need to get your blood level up to 75-125nmol/l
3. Zinc lozenges are more effective than oral supplements at high amounts
4. Anthocyanidins are also in elderberries and blueberries
5. Don't take large amounts of elderberry during acute respiratory distress
6. Don't take goldenseal or berberine with antibiotics

MAINTENANCE SUPPLEMENTS

All the ‘maintenance’ levels should be achievable by a combination of:

Optimum nutrition level multivitamin (not RDA multi), ideally taking two a day

Extra vitamin C supplement. These are usually around 1g; take one or two.

Antioxidant formula. The nutrients from selenium onwards in the chart are more likely to be found together in an antioxidant formula. These become more important if you’re over 50.

Vitamin D pill, spray or drop (eg 25µg). You’ll need to add this in winter and possibly take more to get your blood level up to 100nmol/l.

DURING INFECTION

Continue all the ‘maintenance’ supplements but double up on your antioxidant formula.

Vitamin C – whether powder or pills aim for 1g an hour or 2g every two hours, up to your bowel tolerance level, until you’re symptom-free. However, it is good to take a higher initial ‘kickstart’ dose, 2g to 5g for a serious infection, to immediately get your blood level higher.

Vitamin D – raid your ‘winter’ supply. There’s no harm in taking 100µg (4,000iu) daily during an infection or more if your vitamin D levels are below 50nmol/l. Two studies gave ten times this amount – 1,250µg (500,000iu) – daily for five days for those with serious respiratory distress and low vitamin D status, to get blood levels above 100nmol/l.

The optional extras are just that.

See Resources for reputable supplement suppliers providing products that meet these amounts.

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Extract from Flu Fighters, Holford Press