

## **Prevent or Limit Covid-19 Virus Infections with Vitamins C, D, and Zinc.**

Scientific research *strongly* supports the idea that Coronavirus Covid-19 infection is prevented or minimized by excellent nutrition.

By Michael Jennings, CEO of *Futurepower*, Inc.

**Extra quantities of Vitamin C, Vitamin D, and Zinc, and also other vitamin and mineral pills, taken daily, may limit or eliminate Coronavirus Covid-19 infections.** That idea has strong scientific support mentioned in this article.

**Extra quantities of Vitamin C, Vitamin D, and Zinc are known to improve the strength of the human immune system.** Stronger immune systems help protect against *all* virus, bacteria, and fungus infections. It is necessary to have other vitamins, minerals, and other nutrition.

**More Vitamin C, D, and Zinc will help, won't hurt.** The additional quantities recommended are far less than amounts that could possibly cause problems. Vitamin and Mineral pills are nutrition, they are food. They are very different from medicine; medicine often has negative side-effects.

**Some people don't contract Coronavirus Covid-19. Some have very mild symptoms.**

**Why do others die?** One reason: The immune systems of people who are exposed to Covid-19 and stay healthy are far more powerful than the immune systems of those who become very sick.

**Why are there differences in the strength of immune systems?** Why do some people have bodily protection against the Coronavirus Covid-19, and others don't? Why do some people need better nutrition to keep their immune systems strong and stay healthy? Some ideas: 1) Some people have habits of eating food with poor nutrition. 2) Air pollution creates bodily stress. 3) Other kinds of stress increase the need for some kinds of nutrition. 4) Genetic differences.

**Why have 95 percent stayed healthy?** On Dec. 10, 2020, only 5% of the population of the United States had contracted Covid-19, [15,040,175](#) of the [331,873,693](#) people. Why only 1 person of each 20? A much higher percentage have been exposed; [80.7%](#) of the U.S. population lives in urban areas, where they are surrounded by others. The next 3 paragraphs give a theory.

**Many people don't get "Common Colds".** The author of this article, his wife, sister, and friends are examples of the *many* people who don't get Colds. Our health is the result of eating healthy food, taking vitamin and mineral pills, and taking extra quantities of Vitamins C and D and the Mineral Zinc.

**Sometimes a Cold is caused by a Coronavirus.** Wikipedia's article about the [Common Cold](#) says that about 15% of Common Colds are caused by strains of Coronavirus. (The article was apparently written before the pandemic Covid-19 strain was discovered.) The article says, "Well over 200 virus strains are implicated in causing the common cold..." (Copied Dec. 10, 2020.) Better nutrition protects against *all* of the strains, at minimum all those known before the Covid-19 pandemic strain.

It seems likely that excellent nutrition prevents infection from the Coronavirus Covid-19 strain, also. That has not been proven. We need new research. We also need a better name than "Common Cold".

**How much C, D, and Zinc to take?** The amounts in multivitamin and mineral bottles, the RDA, Recommended Daily Allowances, help prevent serious illness; they don't cause full health. Presumably someone weighing half the weight of another person would take half the supplements. Articles and books about nutrition usually don't consider the weight of the person taking them.

The author of this article, 6' 1" tall, takes 2,000 milligrams of [Vitamin C](#) each day. The author takes 3000 IU of [Vitamin D](#) and 25 mg of [Zinc](#) each day. Those links for consumers are to the **U.S. National Institutes of Health**, NIH, web site, the **Office of Dietary Supplements**. There are **links for professionals**, also, at the top of the page. The NIH amounts are the RDA, not theoretically enough.

**Do your own research.** If you do your own research, you may find articles about new developments in understanding Covid-19 and the effects of nutrition. You may find better scientific research articles than those linked here.

This article is not an authority about your nutrition. Think every day about how to take care of yourself.

**Accept your own reality. It can take weeks, months, or years to change habits.** The author of this article has improved his understanding of nutrition many times over 50 years.

**There is a HUGE conflict of interest in the medical profession.**

**If people get sick, medical professionals and medical organizations make more money.** How can we strongly reward medical professionals and organizations without creating a conflict of interest? [Wikipedia](#): "In the U. S., the common cold leads to 75–100 million physician visits annually at a conservative cost estimate of \$7.7 billion per year. Americans spend \$2.9 billion on over-the-counter drugs and another \$400 million on prescription medicines for symptom relief." (Dec. 10)

**We must work to improve the health care systems.**

**Progress depends on careful logic.** To help us end the Coronavirus Covid-19 pandemic, we need leaders who have developed strong methods of being carefully logical. In the U.S. and throughout the world, there are people in leadership positions who are sometimes or often sloppy in their thinking, or who allow themselves to be influenced in a way that produces results that aren't logical.

**The U.S. health care system has been insufficiently managed for more than 50 years.** Here are quotes from a book written by [Linus Pauling](#), the only person to win 2 un-shared Nobel prizes. The quotes are from his book published in 1970, **Vitamin C and the Common Cold**. You can download a **free PDF copy of the book** from the [Archive.org web site](#).

From page 48 of the book, quoting an article published 53 years ago. (Vitamin C is ascorbic acid.):

A number of interesting comments about ascorbic acid and the common cold were made by Douglas Gildersleeve, M.D.,\* in his article "Why Organized Medicine Sneezes at the Common Cold," published in the July-August 1967 issue of Fact magazine. In this article Dr. Gildersleeve stated that "having worked as a researcher in the field, it is my contention that effective treatment for the common cold, a cure, is available, that is being ignored because of the monetary losses that would be inflicted on pharmaceutical manufacturers, professional journals, and doctors themselves."

He wrote that he had found that he could suppress the symptoms of the common cold by making use of twenty or twenty-five times as much ascorbic acid as had been used by previous investigators, such as Tebrock, Arminio, and Johnston (Appendix III), who had used 200 mg per day.

Some text skipped. That research was done with people who already had colds.

**Medical journals chose money over science.** From page 49 of the book:

Dr. Gildersleeve reported in his Fact article that in 1964 he wrote a paper in which he described his observations. He submitted the paper to eleven different professional journals, every one of which rejected it. Dr. Gildersleeve also reported in his Fact article that one editor said to him that it would be harmful to the journal to publish a useful treatment for the common cold. He stated that medical journals depend for their existence on the support of their advertisers, and that over twenty-five percent of the advertisements in the journals relate to patented drugs for the alleviation of cold symptoms or for the treatment of complications of colds.

**“... the medical profession misled the public.”** From page 50 of the book, quoting a letter from another scientist, Dr. Albert Szent-Gyorgyi:

As to ascorbic acid, right from the beginning I felt that the medical profession misled the public. If you don't take ascorbic acid with your food you get scurvy, so the medical profession said that if you don't get scurvy you are all right. I think that this is a very grave error. Scurvy is not the first sign of the deficiency but a premortal syndrome, and for full health you need much more, very much more. I am taking, myself, about 1 g a day. This does not mean that this is really the optimum dose because we do not know what full health really means and how much ascorbic acid you need for it. What I can tell you is that one can take any amount of ascorbic acid without the least danger.

**No danger in taking large amounts of Vitamin C.** Quoting again the last sentence above: “What I can tell you is that one can take any amount of ascorbic acid without the least danger.” [That is not the best way of communicating what is known. See the paragraphs below.]

**More Vitamin C causes improvements in all health, not just in avoiding common colds.** From page 51:

It may be a long time before we know what the optimum rate of intake of this important food is. There is no doubt that it varies somewhat from person to person, as discussed in Chapter 8. I am sure that an increased intake of ascorbic acid, 10 to 100 times the daily allowance recommended by the Food and Nutrition Board, leads to improvement in general health and to increased resistance to infectious disease, including the common cold.

In chapter 8, *Human Biochemical Individuality*, page 76, Linus Pauling says,

I have accepted their conclusion, and similar conclusions reached by other investigators, \* in suggesting that the optimum rate of intake of ascorbic acid by human beings may extend over a wide range, perhaps the forty-fold range from 250 mg per day to 10 g per day. [The asterisk points to a footnote about the wide variations of needs for nutrition.]

**Drugs sold for colds are poisonous.** See Chapter 9, *Vitamin C and Drugs Compared*, page 77:

Ascorbic acid is described in reference books as essentially non-toxic. Animals receiving daily amounts that correspond to 350 g (over three-quarters of a pound) per day for a man developed no symptoms of toxicity. With respect to safety, ascorbic acid is ideal.

The drugs that are used in tremendous amounts for treating the common cold, and that are advertised to an irritatingly great extent on television and radio and in newspapers and magazines, are much different; they are harmful and dangerous, and are themselves responsible for much illness and many deaths.

Aspirin is the prime example. This drug, which is the chemical substance acetylsalicylic acid, is present in most cold medicines. The fatal dose for an adult is 20 g to 30 g. The ordinary aspirin tablet contains 324 mg (5 grains); hence 60 to 90 tablets can kill an adult, and a smaller amount can kill a child. Aspirin is the most common single poison used by suicides (it is second only to the group of substances used in sleeping pills). About 15 percent of accidental poisoning deaths of young children are caused by aspirin. Many lives would be saved if the medicine chest contained ascorbic acid in place of aspirin and the other cold medicines.

Lines skipped. Continuing on page 82:

Ascorbic acid is nontoxic, whereas all the cold drugs are toxic, and some of them cause severe side reactions in many people. In every respect, ascorbic acid is to be preferred to the dangerous and only partially effective analgesics, antipyretics, antihistamines, antitussives, bronchodilators, antispasmodics, and central-nervous-system depressants that constitute most medicines sold for relief of the common cold.

**For more than 50 years, the U.S. health system has been allowed to be destructive toward citizens.** We need major improvements in the system.

**Re-organize the CDC, the U.S. Centers for Disease Control and Prevention.  
Make the CDC a more enjoyable place to work.**

**At present, the CDC is helping drug manufacturers make more money.** The CDC is claiming that the sickness of common colds is normal. The [Common Colds web page](#) of the CDC says:

Adults have an average of 2-3 colds per year, and children have even more. Most people get colds in the winter and spring, but it is possible to get a cold any time of the year. Symptoms usually include: sore throat, runny nose, coughing, sneezing, headaches, body aches.

Most people recover within about 7-10 days. However, people with weakened immune systems, asthma, or respiratory conditions may develop serious illness, such as bronchitis or pneumonia. [Copied Dec. 10, 2020.]

Ignoring what has been known for 50 years is the opposite of what we want from a health agency.

**[Collapsing passengers, CDC missteps and “public health malpractice”](#)** is the title of a CBS 60 Minutes TV show segment aired on Oct. 18, 2020. The link is to a transcript of the segment.

A quote from that 60 Minutes story about people infected with Covid-19:

There were people, get this, their temperature was too high, so the CDC had them sit in chairs and wait and see if it got lower.

**More Than 1,000 Current and Former CDC Officers Criticize U.S. Covid-19 Response.** That is an Oct. 16, 2020 story in the Wall Street Journal. Quoting:

More than 1,000 current and former officers of an elite disease-fighting program at the U.S. Centers for Disease Control and Prevention have signed an open letter expressing dismay at the nation's public-health response to the Covid-19 pandemic and calling for the federal agency to play a more central role.

**The management of technological organizations such as health agencies must be both technological and sociological.** The CDC is showing a breakdown in both. People get annoyed by their work and become disconnected from the needs of their organizations. Sometimes the most capable people find a position somewhere else.

**Personal protection helps create immunity.**

It is always useful to limit the challenges to our immune systems.

**Wash your hands.** An important issue is how well and thoroughly you clean your hands when you wash. Recent news stories have recommended washing hands for 20 seconds. The length of time you wash your hands is not the best focus. Wash your hands before touching food and after coughing or sneezing.

**Wear a face mask.** Masks limit the amount of Coronavirus Covid-19 that you inhale. A person's immune system can often deal very powerfully with a small amount of a disease organism, but may become overloaded with a large amount.

Masks limit the amount of Coronavirus Covid-19 that you exhale, if you are infected. Because some people with Covid-19 don't have symptoms, you may not know if you are infected.

**Mask quality:** When you inhale or exhale, the air must go through the mask. Masks of poor quality let air go between the mask and the skin. Many of the masks now available, Oct. 2020, take advantage of the fact that most people don't know how to evaluate the quality of masks, or how much it is reasonable to pay.

**Mask articles**

**Masks may help create immunity!**

[A New Theory Asks: Could a Mask Be a Crude 'Vaccine'?](#)

New York Times, Sept. 8, 2020

[Cloth Masks Do Protect the Wearer -- Breathing in Less Coronavirus Means You Get Less Sick.](#)

(EcoWatch.com, Aug. 22, 2020)

The title of that article could be improved.

## **Articles about nutritional supplements and immunity in general**

### **Vitamin D articles**

#### **Important! Vitamin D reduces Coronavirus Covid-19 risk:**

[New Study: Vitamin D reduces risk of ICU admission 97%](#) Covid.us.org, Sept. 3, 2020

[Vitamin D deficiency raises COVID-19 infection risk by 77%, study finds](#)

UPI.com/Health\_News, Sept. 3, 2020

### **Zinc articles**

[Assessing The Role Of Zinc In Covid-19 Infections And Mortality: Is Zinc Deficiency A Risk Factor For Covid-19?](#) MedRxiv, June 14, 2020

[Zinc acetate lozenges for treating the common cold: an individual patient data meta-analysis](#)

National Center for Biotechnology Information, Jul 28, 2016

There is a lack of logic in using lozenges against the common cold. Zinc lozenges reduce the symptoms of the common cold, and also reduce the length of a common cold infection. If that is true, why not take Zinc supplements every day and perhaps never get common colds? Take all nutrients known to increase the strength of the immune system.

### **Vitamin C articles**

[Vitamin C -- What it does](#)

OregonState.edu. Part of an article about immunity in general.

[Vitamin C Fact Sheet for Consumers, and Vitamin C Fact Sheet for Health Professionals](#)

U.S. National Institutes of Health, Office of Dietary Supplements

### **Articles about immunity in general**

[Immunity In Brief](#)

[Immunity In Depth.](#)

OregonState.edu.

### **We need new research about our immune systems.**

**We need descriptions of research that can be understood by the average person.** At present, scientific papers often communicate the work that was done very poorly. The work is too difficult to understand and therefore also difficult to connect to other research.

**We need better methods of research.** One of the mistakes in doing research: Researchers have examined how one supplement builds immunity, such as Vitamin D, Vitamin C, or the mineral Zinc. Researching one at a time, instead of all together, is a very serious mistake. Some of the people researched, who had poor results, may have had insufficient amounts of other nutrients.

**Carefully designed Covid-19 research would more strongly demonstrate the protection of better nutrition.** For example, medical professionals at Coronavirus Covid-19 care facilities who agree to help with the research could be asked to take vitamin and mineral pills, and extra Vitamin D, Vitamin C, and Zinc when arriving at work. The research *must* include daily all 3 supplements and other good nutrition.

There is also a huge need for carefully designed systems of determining the level of protection given by nutrition that can be used by people at work and by social groups. To get reliable results they would need more support than medical professionals. How do we develop thoroughly reliable results?

**Improving the strength of the immune system is a subject insufficiently researched and insufficiently managed in many ways.** For example, often food from depleted soil does not contain enough of some necessary nutrients. Which foods were grown with poor soil? There is also an understanding that it is often healthier to have higher amounts of vitamins and minerals than are in food; we need to know more about *all* the nutrients. We need understanding of differences between people, as discussed in Chapter 8 of Pauling's book, *Human Biochemical Individuality*, page 73.

**Mis-guidance: 1) Recommended Daily Allowance, RDA, is not the amount of vitamins and minerals that makes the immune system as strong as possible.** The RDA only prevents constant illness and death. **2) WHO: "FACT: Vitamin and mineral supplements cannot cure COVID-19"** **Guidance: Excellent nutrients prevent infections. [Vitamin D lowers ICU admission.](#)**

### **Eliminate the confusion and unnecessary complications.**

**We need pills or packets of pills that supply everything needed to maximize the strength of the immune system.** Now it is necessary to open several bottles every day. Perhaps a packet of pills for small adults, another for large adults? Child packets based on weight of the child?

**There is a lack of sufficient depth of logic in many areas.** Articles about nutrition and pill bottles often assume that adults of every size need the same amount of nutrition. That is not true.

Another example: One daily vitamin and mineral pill bottle says, "Vitamin D3 10 mcg (400 IU) 50%". Those who don't get the other half of Vitamin D in food that day won't have the minimum amount "recommended". The reason for the limited quantity is not explained on the bottle or on the web site. That same pill has amounts of Vitamin C and Zinc which are labeled 100% of "% Daily Value".

Another bottle of daily vitamin and mineral pills, from a different company, says: Vitamin D 250%, Vitamin C 200%, Zinc 160% of the "% Daily Value". That company seems to begin to recognize greater needs. But there is no explanation or support given for choosing those quantities.

Those 2 vitamin and mineral pill bottles say, "% Daily Value", without explaining on the bottles or on their web sites how "Daily Value" is defined. What, if any, is the underlying science? Nutrient amounts have been given in IU, International Units, instead of giving the actual amount in micro-grams or milligrams. The [Wikipedia entry for International Units](#) (Checked Nov. 12, 2020) partly explains the confusion caused by giving invented arbitrary numbers to nutrients.

**The present pandemic disease has several names: [Coronavirus disease 2019](#) (Wikipedia), Covid-19, SARS-CoV-2, 2019-nCoV ([WHO web site](#)), Novel Coronavirus.** That introduces confusion.

**Where will you buy vitamins and minerals?** There are companies that sell nutrition products for 10 times the cost of others, claiming that there is a benefit. One improvement: Sellers could list the cost per kilogram of C in each Vitamin C product. For all products: Show the cost per unit.

**Fewer than 1% of news agency articles about Covid-19 are helpful.** I said that to a medical professional. She strongly agreed. News stories maximize intensity, don't present underlying facts.

### General information

**The author of this article is *not* a health care professional.** However, he has spent more than 50 years carefully analyzing both social and technical issues in science and technology. The author owns a corporation that does technology support. See the web site, [Futurepower.net](http://Futurepower.net).

**The author wants to help design new, complete-nutrition research methods.** Researching all items of excellent nutrition together will give far more reliable results. We need research that is not influenced by this conflict of interest: Health care staff and manufacturers will make less money.

**Please always credit the author.** When you communicate about issues mentioned here, please give the location of this article. The author wants to be accepted as one of the designers of the research.

**The latest version of this article is available free on the author's web site:** Go to [Futurepower.net](http://Futurepower.net). Click on *Articles* at the top. This article is on that web page, a PDF file. Give the *Articles* web address, not the address of the PDF file itself. That shows other articles, if any.

**The author is writing a book about how people use their brains.** There will be a chapter in the book about nutrition. It may be 2 years before the book is published. The author doesn't want people to die because they don't understand the importance of nutrition, so this part of the nutrition chapter is available now and without payment.

The author spent weeks connecting many issues about the pandemic logically and discovered that the Covid-19 pandemic can possibly be stopped by excellent nutrition. The book connects a wide range of other issues logically and gives theories about many other ways human life can be improved.

**Want to know when the author's book is published?** Send an email message to: Michael Jennings <[michaelj@futurepower.net](mailto:michaelj@futurepower.net)> **Subject:** Book **Message:** Book Both the Subject and the Message should have only the word "Book". That causes the author's computer system to store information in the proper place.

**Messages to the author should be sent separately, to the same email address.** Please be careful to be logical and to communicate clearly. Caring criticism of this article is entirely acceptable.

**See better articles than mentioned here?** Send the author the Internet address.

**Michael Jennings, CEO**

**Futurepower**® Inc.

[Futurepower.net](http://Futurepower.net)

© 2020. Registered with the U.S. Copyright Office. **Futurepower**® is a registered trademark. **Legal issues:** The article is free. Always give the web location. Don't ask for payment. The author must give permission for making it available to the public. It is not legal to make changes to this article.