

## Herbs and Supplements to Fight Infectious Disease

Herb/Supplement	Prophylactic Dose	Dose When You Have Symptoms	Max Time to Take Symptomatic Dose	Safe for Kids/Pregnancy/Breastfeeding?	Drug Interactions	Other Notes
<b>Zinc</b>	For adults > 55yo: 45 mg/day of <u>zinc picolinate</u>	~20-25mg of <u>zinc gluconate</u> or <u>zinc acetate</u> dissolved in the mouth every 2-3 hrs	14 days	Pregnancy/Breastfeeding: Do not exceed 40-50mg/day.	<u>Reduce intake and consult your physician</u> if you take: diabetic medications, anti-HIV medications, penicillamine, ciprofloxacin (Cipro), gemifloxacin (Factive), levofloxacin (Levaquin), moxifloxacin (Avelox), and tetracyclines.	Avoid intranasal zinc products. Avoid lozenges that contain artificial sweeteners like citric acid, sorbitol, and mannitol, which reduce effectiveness. For long-term supplementation, insure adequate copper intake of 1-2mg/day.
<b>Vitamin C</b>	1-2g/day	Up to the point where your stool becomes loose. This is likely less than 8g/day, spread out over at least 3 doses per day.	N/A	Prophylactic doses for Kids 1-3: 400 mg/day. Kids 4-8: 650 mg/day. Kids 9-13: 1200 mg/day. Kids 13-18: 1800 mg/day. Pregnant and/or breastfeeding women should not exceed 1800 mg/day prophylactic dose.	<u>Reduce intake and consult your physician</u> if you take: antacids, antipsychotics, oral contraceptives, indinavir, propranolol, or warfarin.	There are so many forms of Vitamin C! Look for one that contains flavonoids, and if you have a sensitive stomach, get a buffered form.
<b>Vitamin D</b>	adults: 2-4,000 i.u.'s daily for 8-12 weeks; kids (>1yo): 1-2,000 i.u.'s daily for 8-12 weeks; infants: 2-400 i.u.'s daily for 8-12 weeks	Maintain prophylactic dose	N/A	Safe for Kids. For those pregnant or breastfeeding, do not exceed 4,000 i.u.'s per day.	<u>Reduce intake and consult your physician</u> if you take: atorvastatin, calcipotriene, digoxin, diltiazem, thiazide diuretics, or verapamil.	
<b>Elderberry</b>	N/A	600-900 mg/day, or 1 Teaspoon 4/day when taking Sambucus sugar free syrup.	14 days	Safe for Kids. For those pregnant or breastfeeding, there's insufficient information to know if usage is safe. Consult your physician.	<u>Stop intake and consult your physician</u> if you take: immunosuppressants (e.g. prednisone, corticosteroids, and many others).	
<b>N-Acetyl-Cysteine</b>	600mg 2x/day	Maintain prophylactic dose	6 mos	Safe for Kids. DO NOT USE when pregnant or breastfeeding. While NAC has not been associated with adverse effects to pregnant women or their fetuses, it has been shown to cross the placenta, so should only be used under the direction of your physician.	<u>DO NOT TAKE if you are also taking nitroglycerine for any reason. Stop NAC intake and consult your physician</u> if you take: ace inhibitors, anticoagulant or antiplatelet medications, or chloroquine.	
<b>Echinacea purpurea</b>	800 mg 3x/day	Increase to 5x/day	4 mos	DO NOT USE in kids under 12 without direction from a qualified practitioner. Short-term use (< 7 days) in pregnancy is ok. DO NOT USE while breastfeeding.	<u>Stop intake and consult your physician</u> if you take: immunosuppressants (e.g. prednisone, corticosteroids, and many others), etoposide.	