Review of: "[Case Report] Supplementation with Vitamin D, Zinc, and Quercetin to Treat COVID-19: A Case Report"

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Potential competing interests: No potential competing interests to declare.

Nutritional supplements against COVID-19

COVID-19 affects practically all parts of our body. The pathomechanisms behind

this complex disorder are not understood but activation of immune mechanisms, inflammation, and oxidative stress play an important role. Specific drugs to affect this complex pathophysiology are not know. Attempts to “repurpose” drugs used for other indications have identified several compounds which might show benefits due to anti-inflammatory and sigma-receptor binding properties, however final proof is missing (Mueller et al., 2022). On the other hand, nutritional supplements and/or herbal drugs seem to go parallel with the multitarget requirement for the treatment of the complex pathophysiology as several of those compound show immunosuppressive, anti-inflammatory, cognition improving, and antidepressant properties and are probably helpful for COVID-19 patients (Davis et al., 2023). The flavonoid quercetin belongs to these compounds (Davis et al., 2023). While there are very little experiences with quercetin itself, it is one of the major ingredients of gingko biloba leaves. A standardized ginkgo extract (EGB 761) contains a large concentration of quercetin (Müller et al., 2019) and has been show to have beneficial effects in COVID-19 patients (Zifko et al., 2022). The present manuscript reports positive effects

of a high dose of quecetin together with zinc vitamin D in a COVID-19 patient.

While the two latter compounds may also play a role it is quite likely that quercetin

Is the major player. Thus, it represents an additional evidence that these multitarget herbal componds may have some beneficial effects on the symptoms of COVID-19.

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