



# ERA'S LUCKNOW MEDICAL COLLEGE & HOSPITAL

## COVID-19 SUPPLEMENT CHECKLIST

NAME :-	DATE :-
1. Supplement intake is suggested for 7-14 days as per the quantities mentioned below each time slot	
2. Fill the time of first intake (T)	
3. Calculate and fill rest of the intake times as per the first intake time	

SUGGESTED INTAKE TIME	8:00 AM	11:00 AM	2:00 PM	5:00 PM	8:00 PM	10:00 PM
CALCULATED INTAKE TIME	T (First Intake Time)	T + 3 hrs	T + 6 hrs	T + 9 hrs	T + 12 hrs	T + 14 hrs
Green Tea / EGCG <sup>1</sup>	1 Cup (200 ml) / 01 tab		1 Cup (200 ml) / 01 tab		1 Cup (200 ml) / 01 tab	
Turmeric / Curcumin <sup>2</sup>		5 gm / 250 mg		5 gm / 250 mg		5 gm / 250 mg
Ginger Powder	2.0 gm	1.0 gm	1.0 gm	1.0 gm	1.0 gm	2.0 gm
Cinnamon Powder		2.0 gm		2.0 gm		2.0 gm
Multivitamin & Mineral Capsule		01 tab				*
Kalonji (Black Seed) Powder	1.5 gm		1.5 gm			1.5 gm
Ashwagandha Powder	1.0 gm					1.0 gm
Amla Powder		2.5 gm				
CoQ10					100 mg	
Aloe Vera Juice	10 ml					

### ADDITIONAL SUPPLEMENTS

Quercetin	250 mg				250 mg	
Resveratrol	500 mg			500 mg		
Melatonin						5 mg

<sup>1</sup> EGCG capsule may be taken if consumption of Green Tea is not possible.

<sup>2</sup> Curcumin capsule may be taken if consumption of Turmeric (approx. 5 gm) with milk/curd is not possible.

\*One B-Complex capsule before going to sleep. • Consume high protein diet, unless contraindicated.

### Foods to be Avoided

- Egg White
- Alcohol
- Preserved Meat
- Tomato
- Vinegar
- Almonds
- Peanuts
- Spinach
- Fermented Vegetables
- Nuts
- Chocolate

**NOTE:**  
Always consult your  
doctor before taking any  
supplements