

Supplements

Last Updated: December 20, 2023

Summary Recommendations
<p>Vitamin C</p> <ul style="list-style-type: none">• There is insufficient evidence for the COVID-19 Treatment Guidelines Panel (the Panel) to recommend either for or against the use of vitamin C for the treatment of COVID-19 in nonhospitalized patients.• The Panel recommends against the use of vitamin C for the treatment of COVID-19 in hospitalized patients (AIIa). <p>Vitamin D</p> <ul style="list-style-type: none">• There is insufficient evidence for the Panel to recommend either for or against the use of vitamin D for the prevention or treatment of COVID-19. <p>Zinc</p> <ul style="list-style-type: none">• There is insufficient evidence for the Panel to recommend either for or against the use of zinc for the treatment of COVID-19.• The Panel recommends against using zinc supplementation above the recommended dietary allowance (i.e., zinc 11 mg daily for men, zinc 8 mg daily for nonpregnant women) for the prevention of COVID-19, except in a clinical trial (BIII). <p>Each recommendation in the Guidelines receives a rating for the strength of the recommendation (A, B, or C) and a rating for the evidence that supports it (I, IIa, IIb, or III). See Guidelines Development for more information.</p>