## Supplements

*Last Updated: February 11, 2021*

### Summary Recommendations

<table>
<thead>
<tr>
<th>Vitamin C</th>
<th>• 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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin D</td>
<td>• There is insufficient evidence for the Panel to recommend either for or against the use of vitamin D for the treatment of COVID-19.</td>
</tr>
</tbody>
</table>
| Zinc     | • 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 for the prevention of COVID-19, except in a clinical trial (BIII). |

**Rating of Recommendations:** A = Strong; B = Moderate; C = Optional  
**Rating of Evidence:** I = One or more randomized trials without major limitations; Ila = Other randomized trials or subgroup analyses of randomized trials; I Ib = Nonrandomized trials or observational cohort studies; III = Expert opinion

In addition to the antiviral medications and the immune-based therapies that are discussed elsewhere in the COVID-19 Treatment Guidelines, adjunctive therapies are frequently used in the prevention and/or treatment of COVID-19 or its complications. Some of these agents are being studied in clinical trials.

Some clinicians advocate for the use of vitamin and mineral supplements to treat respiratory viral infections. Ongoing studies are evaluating the use of vitamin and mineral supplements for both the treatment and prevention of SARS-CoV-2 infection.

The following sections describe the underlying rationale for using adjunctive therapies and summarize the existing clinical trial data. Other adjunctive therapies will be added as new evidence emerges.