

# Supplements

Last Updated: December 20, 2023

Summary Recommendations
<p><b>Vitamin C</b></p> <ul style="list-style-type: none"><li>• 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.</li><li>• The Panel <b>recommends against</b> the use of vitamin C for the treatment of COVID-19 in hospitalized patients (<b>AIIa</b>).</li></ul> <p><b>Vitamin D</b></p> <ul style="list-style-type: none"><li>• 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.</li></ul> <p><b>Zinc</b></p> <ul style="list-style-type: none"><li>• There is insufficient evidence for the Panel to recommend either for or against the use of zinc for the treatment of COVID-19.</li><li>• The Panel <b>recommends against</b> 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 (<b>BIII</b>).</li></ul> <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 <a href="#">Guidelines Development</a> for more information.</p>