

Zinc Is an Antiviral, But Zinc's Efficacy Is Enhanced Significantly by Combining It With an Ionophore (EGCG, Quercetin, or Quinine).

I Am Not Your Doctor and You Are Responsible For Your Own Health. But You Can Stay Healthy Or Recover With These Store-Bought Doctor-Recommended Options That Are Not Injected.

Hydroxychloroquine, chloroquine, and ivermectin are ionophores that have been made difficult or impossible to get, due to media demonization. Clioquinol, listed on the other document, is now also banned. However, EGCG (epigallocatechin gallate), quercetin, and quinine can be purchased over-the-counter. (Dr. Vladimir Zelenko has analogized the ionophore as the gun to make the bullet, zinc, highly efficacious.) References are from Pubmed.

Epigallocatechin Gallate (EGCG) (Contained in Green Tea) (Abstracts)

- <https://pubmed.ncbi.nlm.nih.gov/33454058/> 2022-02-05 The inhibitory effects of PGG and EGCG against the SARS-CoV-2 3C-like protease
- <https://pubmed.ncbi.nlm.nih.gov/34960802/> 2021-12-17 Epigallocatechin Gallate (EGCG), a Green Tea Polyphenol, Reduces Coronavirus Replication in a Mouse Model
- <https://pubmed.ncbi.nlm.nih.gov/34389380/> 2021-12 EGCG as an anti-SARS-CoV-2 agent: Preventive versus therapeutic potential against original and mutant virus
- <https://pubmed.ncbi.nlm.nih.gov/34737551/> 2021-10-28 An Overview on the Potential Roles of EGCG in the Treatment of COVID-19 Infection
- <https://pubmed.ncbi.nlm.nih.gov/34461999/> 2021-08-30 Epigallocatechin gallate from green tea effectively blocks infection of SARS-CoV-2 and new variants by inhibiting spike binding to ACE2 receptor
- <https://pubmed.ncbi.nlm.nih.gov/34054222/> 2021-08 Potential protective mechanisms of green tea polyphenol EGCG against COVID-19
- <https://pubmed.ncbi.nlm.nih.gov/34209485/> 2021-06-29 Antiviral Effects of Green Tea EGCG and Its Potential Application against COVID-19
- <https://pubmed.ncbi.nlm.nih.gov/33588235/> 2021-04-02 EGCG, a green tea polyphenol, inhibits human coronavirus replication in vitro
- <https://pubmed.ncbi.nlm.nih.gov/33830908/> 2021-04 The green tea catechin epigallocatechin gallate inhibits SARS-CoV-2 infection
- <https://pubmed.ncbi.nlm.nih.gov/33806274/> 2021-03-04 Therapeutic Potential of EGCG, a Green Tea Polyphenol, for Treatment of Coronavirus Diseases
- <https://pubmed.ncbi.nlm.nih.gov/33668085/> 2021-02-24 EGCG, a Green Tea Catechin, as a Potential Therapeutic Agent for Symptomatic and Asymptomatic SARS-CoV-2 Infection

Epigallocatechin Gallate (EGCG) (Contained in Green Tea) (Articles)

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8704347/> 2021-12-17 Epigallocatechin Gallate (EGCG), a Green Tea Polyphenol, Reduces Coronavirus Replication in a Mouse Model
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8560077/> 2021-10-28 An Overview on the Potential Roles of EGCG in the Treatment of COVID-19 Infection
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8271719/> 2021-06-29 Antiviral Effects of Green Tea EGCG and Its Potential Application against COVID-19
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8146271/> 2021-05-25 Potential protective mechanisms of green tea polyphenol EGCG against COVID-19
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7499281/> 2020-09-16 Tea Polyphenols EGCG and Theaflavin Inhibit the Activity of SARS-CoV-2 3CL-Protease In Vitro
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7367004/> 2020-07-17 Antiviral activity of green tea and black tea polyphenols in prophylaxis and treatment of COVID-19: A review
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7332865/> 2020-06-22 Evaluation of green tea polyphenols as novel corona virus (SARS CoV-2) main protease (Mpro) inhibitors – an in silico docking and molecular dynamics simulation study

Quinine (Contained in Tonic Water) (Abstracts)

- <https://pubmed.ncbi.nlm.nih.gov/33918670/> 2021-04-09 Quinine Inhibits Infection of Human Cell Lines with SARS-CoV-2
- <https://pubmed.ncbi.nlm.nih.gov/34217752/> 2021-09 Broad spectrum anti-coronavirus activity of a series of anti-malaria quinoline analogues

Quinine (Contained in Tonic Water) (Articles)

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8069458/> 2021-04-09 Quinine Inhibits Infection of Human Cell Lines with SARS-CoV-2
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7477610/> 2020-09-08 Antimalarial drugs inhibit the replication of SARS-CoV-2: An *in vitro* evaluation
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8264737/> 2021-07-06 20-Week Study of Clinical Outcomes of Over-the-Counter COVID-19 Prophylaxis and Treatment

Quercetin (Abstracts)

- <https://pubmed.ncbi.nlm.nih.gov/34863994/> 2022-01-05 The therapeutic efficacy of quercetin in combination with antiviral drugs in hospitalized COVID-19 patients: A randomized controlled trial
- <https://pubmed.ncbi.nlm.nih.gov/34924893/> 2021-12-11 An exploratory review of Potential Adjunct Therapies for the Treatment of Coronavirus Infections
- <https://pubmed.ncbi.nlm.nih.gov/34641348/> 2021-09-25 Natural Polyphenols as Immunomodulators to Rescue Immune Response Homeostasis: Quercetin as a Research Model against Severe COVID-19
- <https://pubmed.ncbi.nlm.nih.gov/34567823/> 2021-09-20 Antiviral, immunomodulatory, and anticoagulant effects of quercetin and its derivatives: Potential role in prevention and management of COVID-19
- <https://pubmed.ncbi.nlm.nih.gov/34194240/> 2021-06-24 Potential Clinical Benefits of Quercetin in the Early Stage of COVID-19: Results of a Second, Pilot, Randomized, Controlled and Open-Label Clinical Trial
- <https://pubmed.ncbi.nlm.nih.gov/34135619/> 2021-06-08 Possible Therapeutic Effects of Adjuvant Quercetin Supplementation Against Early-Stage COVID-19 Infection: A Prospective, Randomized, Controlled, and Open-Label Study
- <https://pubmed.ncbi.nlm.nih.gov/33034398/> 2021-03 A role for quercetin in coronavirus disease 2019 (COVID-19)
- <https://pubmed.ncbi.nlm.nih.gov/33509217/> 2021-01-28 Anti-inflammatory potential of Quercetin in COVID-19 treatment
- <https://pubmed.ncbi.nlm.nih.gov/32957884/> 2021 Quercetin and its Relative Therapeutic Potential Against COVID-19: A Retrospective Review and Prospective Overview
- <https://pubmed.ncbi.nlm.nih.gov/33297540/> 2020-12-07 Mechanistic Aspects and Therapeutic Potential of Quercetin against COVID-19-Associated Acute Kidney Injury

Quercetin (Articles)

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8638148/> 2022-01-05 The therapeutic efficacy of quercetin in combination with antiviral drugs in hospitalized COVID-19 patients: A randomized controlled trial
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8573830/> 2021-08-30 Treatment of COVID-19 patients with quercetin: a prospective, single center, randomized, controlled trial
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8238537/> 2021-06-24 Potential Clinical Benefits of Quercetin in the Early Stage of COVID-19: Results of a Second, Pilot, Randomized, Controlled and Open-Label Clinical Trial
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8197660/> 2021-06-08 Possible Therapeutic Effects of Adjuvant Quercetin Supplementation Against Early-Stage COVID-19 Infection: A Prospective, Randomized, Controlled, and Open-Label Study
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7989718/> 2021-03-24 Perspectives on plant flavonoid quercetin-based drugs for novel SARS-CoV-2
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7840793/> 2021-01-28 Anti-inflammatory potential of Quercetin in COVID-19 treatment
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/> 2020-06-19 Quercetin and Vitamin C: An Experimental, Synergistic Therapy for the Prevention and Treatment of SARS-CoV-2 Related Disease (COVID-19)

Clioquinol (Abstract) (Shown on Chart in Other Document, Now Banned)

- <https://pubmed.ncbi.nlm.nih.gov/33732940/> 2021-03 Discovery of Clioquinol and analogues as novel inhibitors of Severe Acute Respiratory Syndrome Coronavirus 2 infection, ACE2 and ACE2 - Spike protein interaction in vitro

Clioquinol (Article) (Shown on Chart in Other Document, Now Banned)

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7951571/> 2021-03-11 Discovery of Clioquinol and analogues as novel inhibitors of Severe Acute Respiratory Syndrome Coronavirus 2 infection, ACE2 and ACE2 - Spike protein interaction in vitro