

# OTC Medicines & Nutraceuticals to Prevent/Reduce COVID Post-Vaccination Side Effects

*These recommendations are based on the clinical experience of COVID-expert doctors surveyed. The recommendations are designed to address two concerns:*

1. Prevention or reduction of side effects and adverse events that may in some cases be severe. The schedule for each nutraceutical or medicine is designed to cover the time when various of the side effects have been reported.
2. "Breakthrough" COVID infection is being reported during the approximately two weeks before immunity from the vaccine starts. The recommended antivirals and vitamin D help protect against these shortly-after-vaccine COVID infections. Vitamin D also helps protect against vaccine side effects.

All the therapeutics listed are available over the counter without prescription. However, for those with access to them, adding ivermectin or hydroxychloroquine enhances the anti-COVID protection.

*Ivermectin for protection against COVID infection is recommended at a dosage of 0.2 mg/kilogram of body weight (typically around 12 - 18 mg/dose). An often cited protocol is to take one dose, then after 48 hours take a second dose. Then take once per week.*

*Hydroxychloroquine for protection against COVID infection is often recommended at 200 mg once a day for 5 days, then 200 - 400mg one time a week.*

- **Aspirin (anti-thrombotic)**  
325 mg/day for 4 weeks beginning the day before vaccination.
- **Ibuprofen (anti-inflammatory)**  
Two 200 mg caplets 3 times/day the day before, day of and day after vaccination. Continue as needed if symptomatic (fever, muscle aches, headache, etc.)
- **Loratadine (Claritin or generic equivalent; H1 blocker, anti-inflammatory)**  
10 mg/day the day before, day of and day after vaccination.
- **Famotidine (Pepcid or generic equivalent; H2 blocker, anti-inflammatory)**  
20 mg twice per day the day before, day of and day after vaccination.
- **Vitamin D3 (potent anti-inflammatory effects at sufficient dosage; anti-viral immune enhancement)**  
One dose of 50,000 IU five to seven days before vaccination (serum levels peak on average at 7 days),  
Then daily 15,000 IU until 5 days after vaccination,  
Then continue with maintenance dosage of 5,000 - 10,000 IU/day.

***For extra protection against breakthrough COVID infection during the approximately two-week window before immunity starts:***

- **Zinc (anti-viral)**  
50 mg/day started as far ahead of vaccination as possible and continued three weeks or indefinitely.
- **Quercetin (zinc ionophore, to enhance zinc anti-viral effect; anti-inflammatory; anti-thrombotic)**  
250 mg twice per day for three weeks starting the day before vaccination.
- **Vitamin C (anti-viral; anti-inflammatory)**  
3,000 mg/day started as far ahead of vaccination as possible and continued three weeks or indefinitely.

*DISCLAIMER: This information is for educational purposes only. It is not intended to serve as a substitute for diagnosis, treatment, or advice from a qualified, licensed medical professional. Any treatment you undertake should be discussed with your physician or other licensed medical professional.*