

*HDIVC

The following is to be done only with appropriate medical supervision.

Of paramount importance at this stage is High Dose Intravenous Vitamin C (HDIVC). The dose is 30-60 gram (30,000 -60,000 mg) over the first 24 hours. An initial trial of 15 gram can be give over 15 to 30 minutes and the patient monitored over the next 2 hours for the usual observations plus oxygen saturation levels. If well, tolerated, continue the infusions at the 30-60-gram rate over the next 24 hours. If there is deterioration, the infusion should be increased to 100 grams (100,000mg.) per 24 hours.

If intubation is required, the immediate infusion of HDIVC should be commenced.

^INJECTABLE VITAMIN D

This is essential if, at the time of early Covid symptoms or on admission to hospital, the Vitamin D3 blood level is below 100 nmol/L. An ideal level is 150 nmol/L.

The logo for CD Zinc, featuring the letters 'CD' in a dark blue, rounded font, followed by the word 'Zinc' in a bright orange, sans-serif font.

ABOUT PROFESSOR IAN BRIGHTHOPE

Ian graduated in medicine and surgery from Monash University in 1974. In 1978 he established a medical practice in Hampton, Victoria and subsequently 3 other treatment centres. In 1982 Ian became a co-founder and the founding president of the Australasian College of Nutritional and Environmental Medicine (ACNEM). He remained as president for the subsequent 26 years. The College has continued to train medical practitioners in Nutritional and Environmental Medicine to Fellowship standard for the past 39 years. The training involves the scientifically based use of diet, nutrition and complementary medicines (Vitamins, mineral and herbal medicines) for the prevention and treatment of all human conditions and diseases, including degenerative diseases, infectious diseases and mental illness.

Professor Brighthope wrote a book titled “The AIDS Fighters” for the general public and patients alike. The forward was written by double Nobel Prize winner, Linus Pauling. The experience Ian gained from fighting infectious diseases during the AIDS outbreaks in the 1980’s laid the foundation for his CD Zinc protocol for protecting us against Covid 19 and other viruses that are commonly amongst us.

REFERENCES

(1) Brighthope I, Sali A, Ried K. Vitamin D: Time for the profession to take a stand', *Advances in Integrative Medicine*, 2021, 8(2), 77-78.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7826030/>

(2) Grant W, et al. Evidence that Vitamin D Supplementation Could Reduce Risk of Influenza and COVID-19 Infections and Deaths, *Nutrients* 2020, 12(4), 988.

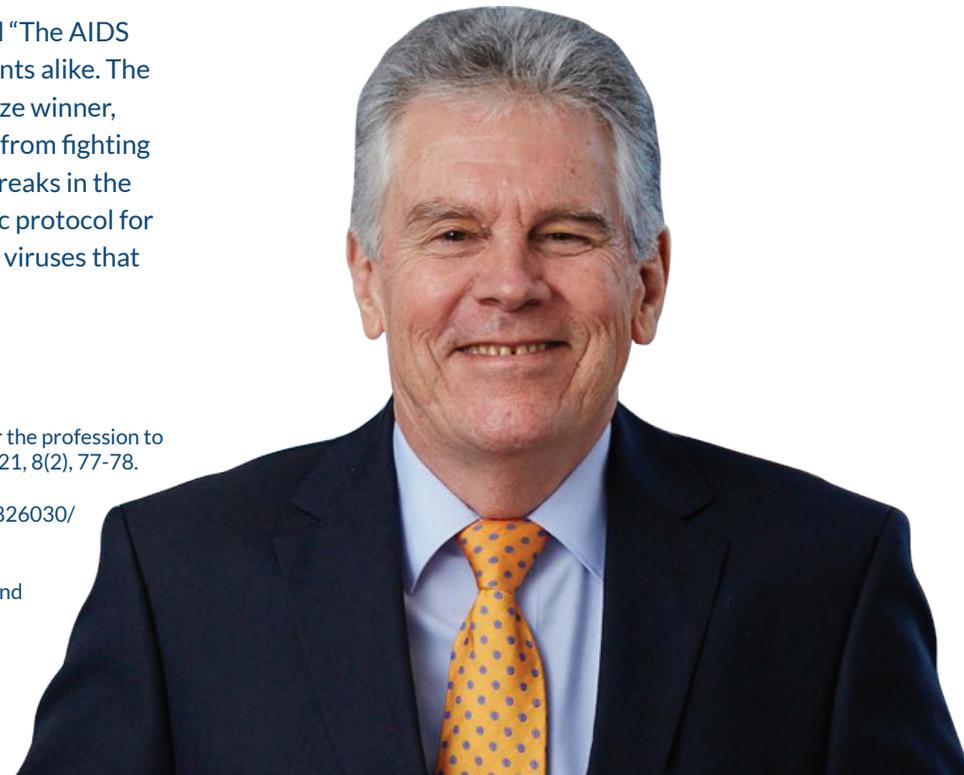
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THE TRI-NUTRIENT PROTOCOL FOR COVID

“CD Zinc”

DEVELOPED AS A PHILANTHROPIC CONTRIBUTION BY
PROFESSOR IAN BRIGHTHOPE
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THE PREVENTION OF COVID:

Vitamin C	1000 mg four times a day (non chewable)
Vitamin D3	4000 IU per day (measure blood levels first, if possible, levels need to be approximately 150nmol/ litre^)
Elemental zinc	30 mg per day (bioavailable versions such as acetate and picolinate)

THE TREATMENT OF EARLY COVID SYMPTOMS

INCONJUNCTION WITH YOUR HEALTH PRACTITIONER:

Increase the vitamin C to bowel tolerance.
Increase the vitamin D to 10,000 IU per day
Increase the zinc to 60mg per day.

THE TREATMENT OF SEVERE COVID:

INCONJUNCTION WITH YOUR HEALTH PRACTITIONER:

If symptoms get worse, request high dose intravenous Vitamin C (HDIVC) to prevent hospitalisation*. Continue on the above levels of Vitamin D3, or increase under doctor's supervision.

THE CD ZINC STORY AND WHY IT CAN HELP YOU FIGHT VIRUSES

Recent international research suggests Vitamin D supplementation can be a useful and practical means of reducing the risk of Covid 19 infection. An estimated 50% of all Australians are Vitamin D deficient and boosting Vitamin D levels in the body has a range of health benefits. The elderly and those with darker skin are particularly at risk of developing a Vitamin D deficiency (1).

The Integrative Healthcare industry is now calling for all healthcare practitioners to further consider Vitamin D levels in vulnerable patients and to inform the general public of the potential of Vitamin D to boost immunity against viruses and respiratory illness. Optimal Vitamin D levels are understood to be an important health protocol in the prevention of Covid 19, and able to reduce the severity of symptoms in those who may have contracted Covid 19.

Vitamin C can reduce the incidence and severity of all viral infections. Vitamin C increases white blood cell activity, reduces the replication of viruses, increase the production of interferons, enhances killer and helper cell proliferation, and increases antibody formation. It is a very powerful antioxidant that protects cells and tissues. Its anti-viral effects have been demonstrated in influenza, herpes viruses, pox viruses and coronaviruses.

Zinc creates a virus killing mucous lining on our airways from the nose to the airway's final passages. It holds our lining cells together. Without Zinc, our

white cells cannot produce antibodies and our genes cannot express and repair themselves for any viral on-slaught.

A simple blood test can pinpoint the Vitamin D levels in the body, and a healthcare professional can recommend the appropriate dosage for each individual. The extent of the Vitamin D deficiency will influence the daily dosage required to restore the body to optimal Vitamin D levels. This may take some months in some individuals and an ongoing Vitamin D protocol should be considered as an important element in a proactive health and wellness plan.

Vitamin D can be shown to prevent the onset and severity of acute respiratory tract infections including, but not limited to, Covid 19. Adequate Vitamin D levels are important for the elderly and those in aged care, especially for people who may not be able to spend appropriate periods of time outdoors in the sun. The good news is that Vitamin D deficiency is simple to diagnose, and straightforward to treat with Vitamin D supplementation (2).

