

# VITAMIN C – ORAL ASCORBIC ACID (AA)

## Recommended Dosage\* for COVID-19

### ADULTS:

- take initial dose of 3 to 5 grams, depending on severity
  - ⇒ subsequent doses: 2 grams every 30 minutes
  - ⇒ if fever, breathing distress, myalgia does not improve in 3 to 4 hours, repeat this cycle with 3 to 5 grams, followed by 2 grams every 30 minutes. Repeat this cycle every 12 hours
  - ⇒ if conditions do not improve after 12 hours, increase the initial dose up to 10 grams followed by 3 to 5 grams every 30 minutes
- once your condition improves and stabilizes, go back to 2 grams every hour (instead of 30 minutes)

**SEVERE SYMPTOMS**

### CHILDREN (under 12):

- take initial dose of 1 to 2 grams, depending on severity
  - ⇒ subsequent doses: 0.5 grams every 30 minutes
  - ⇒ if fever, breathing distress, myalgia does not improve in 3 to 4 hours, repeat this cycle with 1 to 2 grams, followed by 0.5 grams every 30 minutes. Repeat this cycle every 12 hours
  - ⇒ if conditions do not improve after 12 hours, increase the initial dose up to 3 to 4 grams followed by 1 gram every 30 minutes
- once your condition improves and stabilizes, go back to 0.5 grams every hour (instead of 30 minutes)

*Some people have reported that as soon as their AA levels drop, shortness of breath returns immediately, if that happens, take a hammer dose of:*

**ADULTS: 3 to 5 grams of AA**

**CHILDREN: 2 to 3 grams of AA**

*During critical infections, you will essentially have an “unlimited” tolerance for AA – may increase to more than **100 grams**, and that is actually normal, because doctors in the past have used oral AA in amounts over **200 grams** to treat viral pneumonia<sup>1</sup>.*

### ADULTS:

- take initial dose of 3 grams, followed by 1 to 2 grams every hour. You can repeat this cycle every 8 hours until symptoms subside
- once symptom-free, take 1 to 2 grams every hour – total of 8 to 12 grams daily
- make sure you take a higher level of AA than before you were infected

**INITIAL ONSET  
NO SYMPTOMS TO  
MILD SYMPTOMS**

### CHILDREN (under 12):

- take initial dose of 1 gram, followed by 0.5 gram every hour. You can repeat this cycle every 8 hours until symptoms subside
- once symptom-free, take 0.5 gram every hour – total of 0.5 gram per 10 lb. body weight plus 1 gram daily, to be taken in divided doses, e.g., a 60 lb. child will be taking 4 grams in total daily, divided ideally into 8 doses, upon recovery
- infants and children under 5 years old can be given 0.5 grams per 10 lb. body weight plus 200 milligrams for each additional year of age, e.g., a 2-year-old child weighing 20 lbs. will be taking 1.4 grams total daily, divided into small even doses throughout the day
- if the child has been taking AA before infection, make sure that he/she is given a higher level of AA after infection than before if the child suffered symptoms during infection – and higher daily dose should be given after recovery from infection

*Have you had your  
AA and MEL today?*

*~ Doris Loh*

<sup>1</sup>Cathart RF. The Method of Determining Proper Doses of Vitamin C for the Treatment of Disease by Titrating to Bowel Tolerance. Australas Nurses J. 1980 Mar;9(4):9-13.  
<http://orthomolecular.org/library/jom/1981/pdf/1981-v10n02-p125.pdf>

\**SHOULD NOT be regarded as MEDICAL ADVICE*

# MELATONIN (MEL) – Maintenance and Recommended Dosage\* for COVID-19

## MAINTENANCE

### ADULTS:

- physiological dose – **0.1 to 0.5 mg**, depending on age, circadian health, night time light exposure, and endogenous melatonin production – to be taken after 8:30pm, preferably 1-2 hours before sleep

### CHILDREN:

- none required for under 8 years old. **0.025 to 0.05 mg** can be supplemented if the child has poor circadian health habits, or sleep issues – to be taken after 8:00pm, preferably 1-2 hours before sleep

## FOR COVID-19 INFECTION

### CHILDREN (0 to 7 years old) :

During first 6 months, infants rely on breastmilk for melatonin, increase mother's intake to supply melatonin to infants still breastfeeding. For all infection protocols for young children below the age of 8, follow same guidelines for children ages 8 to 14, but substitute dosage as follows:

- Day 1:** Total Melatonin = **0.1 mg**/10 lbs body weight
- Day 2:** Total Melatonin = **0.5 mg**/10 lbs body weight
- Day 3:** Total Melatonin = **1.0 mg**/10 lbs body weight
- Day 4:** Total Melatonin = **2.5 mg**/10 lbs body weight

### CHILDREN (8 to 14 years old) :

**Day 1:** upon first onset of symptoms, increase night time dosage to at least **1 mg** – also immediately commence oral Ascorbic Acid Protocols for Infection – if symptoms do not subside or improve in 24 hours, increase melatonin dose as follows:

**Day 2:** Total Dose: **5 mg** to be taken **4 mg** at night, **1 mg** during day time, divided in 2 doses – maintain this dose if there is improvement, if not, proceed to Day 3 dosage.

**Day 3:** Total Dose: **12 mg** to be taken **8 mg** at night, **4 mg** during the day, divided in 5 doses – maintain this dose if there is improvement, if not, proceed to Day 4 dosage.

**Day 4:** Total Dose: **30 mg** to be taken **24 mg** at night, **6 mg** during the day, divided in 5 doses – maintain this dose until signs of recovery, then reduce dosage every 3 days in reverse order – stay at Day 2 dosage until you are totally clear of all symptoms.

### ADULT:

**Day 1:** upon first onset of symptoms, increase night time dosage to at least **5 mg** – also immediately commence oral **Ascorbic Acid Protocols for Infection** – if symptoms do not subside or improve in 24 hours, increase melatonin dose as follows:

**Day 2:** Total Dose: **20 mg** to be taken **16 mg** at night, **4 mg** during day time, divided in 2 doses – maintain this dose if there is improvement, if not, proceed to Day 3 dosage.

**Day 3:** Total Dose: **50 mg** to be taken **40 mg** at night, **10 mg** during the day, divided in 5 doses – maintain this dose if there is improvement, if not, proceed to Day 4 dosage.

**Day 4:** Total Dose: **80 mg** to be taken **60 mg** at night, **20 mg** during the day, divided in 5 doses – maintain this dose until signs of recovery, then reduce dosage every 3 days in reverse order – stay at Day 2 dosage until you are totally clear of all symptoms.

**RECOVERY:** remain on Day 1 dosage for 1 month, if your infection is severe – half the dose if not severe

Have you had your  
AA and MEL today?  
~ Doris Loh

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