



## IT'S COVID-19 AND FLU SEASON AGAIN!

Although COVID-19 has now become an endemic and is less severe, flu and COVID-19 remain a concern due to the continuous mutations of these viruses. Vaccinations have only limited efficacy against the most recent variants. Hospitals have brought back the mask requirements due to an increase in the infection rates and the health officials expect a significant rise in respiratory illnesses and admissions during the winter months. The latest variants of SARS-CoV-2 (JN.1) caused almost half of the COVID-19 cases around the holidays. In the past couple of years, it has also been observed that COVID-19 is not only a cause of temporary respiratory illness, but it triggers a new and chronic illness. The so called “long Covid” could be more debilitating for previously healthy people. It can last for weeks even years after the infection and it can be manifested as cardiovascular problems, cognitive impairment, brain fog, concentration and memory issues, nerve pains, and others.

We have to rely on our immune system to protect us and control the coronavirus and other viruses including influenza. Its optimum functioning including the production of “defense cells” (white blood cells), antibodies, and optimum function of the thymus and other immune modulating glands depends on micronutrients. Supporting your immune system with a daily intake of a comprehensive micronutrient program is a basic and prudent measure. Particularly important in immune function and controlling some viral infection mechanisms are vitamin C, the amino acid lysine, the B group of vitamins, N-Acetyl-cysteine, and minerals such as zinc and copper.

Nutritional deficiencies lead to low immunity and increased chances of infections. Impaired immunity can promote viral



growth and accelerate its spread through the body. Science shows that vitamin C, lysine, and N-acetyl-cysteine can block entry of the virus and prevent its multiplication within the cells. Vitamin C is also shown to prevent activation of dormant viruses and limit the spread of infections by improving integrity of the connective tissue. Although these micronutrients are individually known to improve the immune response, they are required in very high doses. Scientists at the Dr. Rath Research Institute have shown that a specific composition of these micronutrients was far more effective in blocking the viral entry and viral multiplication than when used individually, and this was possible using their significantly lower doses achievable by oral supplementation.

This scientifically developed composition has received US and international patents. It contains vitamin C and other natural plant compounds that work in synergy to support optimum response to various health challenges. This patented composition was developed after rigorous testing of more than 55 plant extracts including curcumin, black tea, resveratrol, broccoli extract and several others that affected multiple mechanisms of infection at once. This combination could inhibit the attachment and the entry of viral particles into the cells, including Omicron and several other SARS-CoV-2 variants.

Daily intake of a comprehensive micronutrient program is important in protecting your body against various health challenges. Make sure that the nutrient composition that you rely upon for a strong immunity is backed by research.

This information is provided to you by the Dr. Rath Research Institute a leader in the breakthrough of natural health research in the field of cancer, cardiovascular disease and other common diseases. The Institute is a 100% subsidiary of the non-profit Dr. Rath Health Foundation.

The ground-breaking nature of this research poses a threat to the multi-billion dollar pharmaceutical “business with disease”. It is no surprise that over the years the drug lobby has attacked Dr. Rath and his research team in an attempt to silence this message. To no avail. During this battle, Dr. Rath has become an internationally renowned advocate for natural health. Says he: “Never in the history of medicine have researchers been so ferociously attacked for their discoveries. It reminds us that health is not given to us voluntarily, but we need to fight for it.”

This information is based on scientific research results. It is not intended to substitute for medical advice to treat, cure, or prevent any disease.  
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