

## Dietary supplements during the COVID-19 pandemic: A systematic review

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### Introduction & Objectives:

The severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) or coronavirus disease 2019 (COVID-19) was first detected in Wuhan, China, in December 2019, as the cause of a pneumonia of unknown etiology. Dietary supplements either alone or as part of multivitamin or multinutrient mixtures have been shown to play key roles in supporting immune function and in reducing risk of respiratory infection. Robust evidence to support a role for dietary supplements in preventing infection with SARS-CoV-2 is not available

**The objective is** to investigate whether the dietary supplements can be beneficial for COVID-19 patients

### Methodology (Material and methods):

A systematic literature search was conducted in multiple electronic English databases. Randomized controlled trials (RCTs) involving dietary substances interventions on patients with COVID-19 during the last 2 years were investigated. Data was extracted, summarized and critically examined.

### Results and Discussion:

Most of the clinical trials and observational studies showed dietary supplements to be beneficial for prevention and/or management of COVID-19. Examples of these dietary supplements and multivitamin products will be presented and discussed.

**Conclusion** Dietary supplements appear to be safe and beneficial for prevention and management of COVID-19 infection. Further clinical trials are warranted.

**Keywords:** COVID-19, Dietary supplement, Systematic review

### References

1. Badary O A. et al. (2021), Drug Des Dev Ther.15:1819-1833

