

Zelenko Moderate Risk

for Moderate Risk (frontline workers) who have the potential for high viral-load exposure like frontline staff.

Vitamin D3 5000iu 1 time a day

Vitamin C 1000mg 1 time a day

Elemental Zinc 25mg 1 time a day

Quercetin 500mg 1 time a day until a safe and efficacious vaccine becomes available (If Quercetin is unavailable, then use Epigallocatechin-gallate (EGCG) 400mg 1 time a day)

Learn more about the Zelenko Protocol at

www.vladimirzelenkomd.com

Zelenko High Risk

**for High-Risk Patients (over 45yrs or with co-morbidities)
Zelenko Protocol for over 45 years and those with co-morbidities**

Elemental Zinc 25mg once a day

Vitamin D3 5000iu 1 time a day

Hydroxychloroquine (HCQ) 200mg 1 time a day for 5 days, then 1 time a week until a safe and efficacious vaccine becomes available

If HCQ is unavailable, then use the Protocol for Low and Moderate Risk Patient

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