

Letter to the editor

Zinc Ascorbate proposed against Covid-19

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23/03/2020, Recanati, Italy

Version 0.4

Given that:

1. the combination of zinc ions and zinc ionophores at low concentrations inhibit the replication of SARS-COV in cell culture, via inhibition of elongation of RNA-dependent RNA polymerase and reduction of RNA template binding [1];
2. in zinc ascorbate, ascorbic acid enhances zinc absorption into cells [2];

Here I propose that zinc ascorbate supplementation could be effective in the prevention and cure of SARS-COV-2 infection and Covid-19 disease.

Zinc ascorbate supplementation is already used in diabetes and glycemic control in humans.

It is proposed that zinc ascorbate should be tested both in-vitro and in-vivo against SARS-COV-2.

Also, zinc ascorbate supplementation, given the high feasibility of a clinical trial and the potential immense benefit to people, should be tested as soon as possible, for the possibility of prevention and cure of Covid-19 disease.

I declare no conflict of interest.

Reference

[1] Zn²⁺ Inhibits Coronavirus and Arterivirus RNA Polymerase Activity In Vitro and Zinc Ionophores Block the Replication of These Viruses in Cell Culture – Aartjan J. W. te Velthuis 2011, PLoS Pathog

[2] Zinc-chelated Vitamin C Stimulates Adipogenesis of 3T3-L1 Cells - C. Ghosh 2013, Asian-Australas J Anim Sci