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Formulae Immune Support formulas are an initiative developed exclusively for Formulae pharmacies.

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Vaccine Support

Custom nutrients to support your immune system in the time of vaccines



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Covid-19 (and its variants) is not only a respiratory disease: it affects the whole body. To date, despite the impressive outcomes of vaccination, no “magic bullet” or cure has been identified to combat Covid-19.

Vaccination is an essential and core part of the solution, however appears that it will take some time to achieve adequate levels that provide herd immunity world-wide.

Here we outline some of the known antiviral or immune supporting properties for a range of nutrients as well as emerging re-purposed use of some supplements. Key nutrients that we recommend are:

- B-Vitamins - B1, B2, B3, B5, B6, B12
- Vitamin C
- Vitamin D3
- Magnesium
- Quercetin
- Zinc

B Vitamins (B1 – Thiamine, B2 – Riboflavin, B3 – Niacin, B5 – Pantothenic Acid, B6 – Pyridoxine and Pyridoxal-5-Phosphate, B12 – Cobalamin). The B Vitamin Group play an essential role in cell functioning, energy metabolism and immune function. They assist in proper activation of both the innate and adaptive immune responses, reduce pro-inflammatory cytokine levels, prevent hypercoagulability, and potentially reduce the length of stay in hospital.

Vitamin C Anti-Inflammatory, antioxidant and immune enhancing properties, including increased synthesis of Type I Interferons. ⁹⁻¹¹

Quercetin ^{27 2} Direct viricidal properties against a range of viruses *including* SARS-CoV-2. It is also a potent antioxidant and anti-inflammatory agent. Quercetin acts as a zinc ionophore and it is likely that with Vitamin C has synergistic prophylactic benefits.

Zinc Elemental Zinc at doses of 30-50mg per day inhibit RNA dependent polymerase *in vitro* against SARS-CoV-2 virus and is essential for innate and adaptive immunity. ^{31-34, 42,43 28-30 31 38}

Vitamin D3 Vitamin D insufficiency has been associated with an increased risk of death from SARS-CoV-2. A recent study of residents in a long-term care facility demonstrated that those residents who took Vitamin D supplementation had a much lower risk of dying from Covid-19. ^{33-41 38}

Magnesium Both in human and animal models, evidence is showing that magnesium plays a key role in the immune and anti-inflammatory response as a co-factor for immunoglobulin synthesis, C'3 convertase, immune cell adherence, antibody-dependent cytotoxicity, IgM lymphocyte binding, macrophage response lymphokines and T-helper B cell adherence. ⁶⁰⁻⁶⁵

