

HONEY

A Powerful Therapeutic for COVID-19



Strong Antiviral:

- Computer modeling studies indicate that 6 flavonoid compounds from honey bind to and inhibit important enzymes needed for SARS-CoV-2 replication
- Has demonstrated antiviral activity against other viruses including Rubella, Herpes Simplex, Hepatitis, and Varicella-Zoster viruses



Anti-inflammatory:

- Inhibits the expression of several proinflammatory cytokines such as IL-1 beta and IL-6
- Reduces prostaglandins, thromboxane B2, and increases nitric oxide end products



Immunomodulating: Improves the proliferation of T and B lymphocytes, and increases phagocytic activity, which maintains tissue homeostasis



Chemicals in honey with other therapeutic effects:

- methylglyoxal (glucose regulation)
- Chrysin also called 5,7-dihydroxyflavone (anti-inflammation)
- caffeic acid 3,4-dihydroxy-cinnamic acid (antioxidant)
- galangin (antioxidant, anti-inflammatory)
- hesperidin (antioxidant, anti-inflammatory)



Dose for Early Treatment of COVID-19:

- Can be dissolved in warm water and consumed as a drink
- 1 g/kg for 14 days ([convert to Tbsp](#) -see link)
- EXAMPLE: 80 kg person = 80 gm/day = 4 Tablespoons
- convert lb to kg with [calculator](#) -see link)

