

NIGELLA SATIVA

A POTENT COVID-19 ANTIVIRAL

PROTECTS AGAINST INFLAMMATION AND INJURY

High affinity for viral enzymes and proteins decreases replication of SARS-CoV-2 in cell cultures

Antiviral activity against viruses such as HIV and Hepatitis C

Immunomodulatory effects (strengthens immune system):

- Improves helper-T cell (T4) and suppressor T-cell (T8) ratio and
- Increases natural killer (NK) cell activity

Manifests free radical scavenging antioxidant properties

Anti-Inflammatory effects decrease secretion of many proinflammatory mediators



- Active chemical: Thymoquinone
- Available forms:
 1. supplements
 2. pure oil
 3. seeds
- Prevention: 40mg/kg/day
- Early Treatment: 80mg/kg/day for 14 days



- 1 Teaspoon = 3.3 gm
- 1 Tablespoon = 10 gm
- 1000 mg = 1 gm
- [Calculator](#) lbs to kg
- Formula: 40mg (or 80 mg) x body weight in kg = dose per day
- 40mg/kg = prevention
- 80mg/kg = early treatment