

I-MASK+ Protocol

For Prevention of COVID-19 and/or Post-Exposure

TAKE IVERMECTIN WITH FOOD



PRE-EXPOSURE: Ivermectin 0.2mg/kg

- 1 dose today, repeat in 48 hrs
- 1 dose 2x weekly as long as you are at risk



Vitamins and Supplements:

- **Vitamin D3** 1,000-3,000 units daily **AM**
- **Vitamin C** 500-1,000 mg 2x daily **AM**
- **Zinc** 30-40 mg daily **AM**
- **Quercetin** 250 mg daily **PM**
- **Melatonin** 6 mg daily **PM**



Gargle and Rinse (do not swallow):

- 2x daily with cetylpyridinium chloride antiseptic mouthwash (CPC), Listerine™, or 1% povidone-iodine solution
- Examples of CPC mouthwash: Scope™, Crest™, ACT™

AM = morning
PM = night

For Early Treatment of Covid-19 (in order of importance)

TAKE IVERMECTIN AND NITAZOXANIDE WITH FOOD



FIRST LINE:

Ivermectin: 0.4-0.6 mg/kg

- 1 dose daily for 5 days, or until recovered

AND/OR Nitazoxanide: 500mg

- 2x daily for 5 days
- combine with ivermectin
- substitute for ivermectin if not available



Gargle and Oral/Nasal Rinse:

- **Gargle 3 x daily (do not swallow)** antiseptic mouthwashes with CPC (see post-exposure), Listerine™, chlorhexidine, 1% povidone-iodine solution
- **Nose drops or spray 4-5 drops every 4 hrs**- 1% povidone-iodine



Aspirin: 325 mg per day

- unless contraindicated

Vitamins and Supplements:

- **Vitamin D3** 5,000 units daily **AM**
- **Vitamin C** 500-1,000 mg 2x daily **AM**
- **Zinc** 100 mg per daily **AM**
- **Quercetin** 250 mg 2x daily **PM**
- **Melatonin** 10 mg per daily at bedtime **PM**



SECOND LINE:

Adjuncts for Therapy if needed (and/or):

- **Spironolactone** 100 mg 2x daily for 10 days
- **Dutasteride** 2mg day 1, and then 1 mg for 10 days
if Dutasteride unavailable **Finasteride 10mg daily for 10 days
- **Fluvoxamine** 50 mg 2x daily for 10-14 days (please note that **Fluoxetine is better tolerated** 30 mg daily for 10 days (avoid if pt on SSRIs))
- **Monoclonal antibodies** Casirivimab/Indevimab 600 mg **WITHIN 7 DAYS** of first symptoms



THIRD LINE:

Corticosteroid Therapy if any of these are present:

- **7-10 DAYS** FROM 1ST SYMPTOMS
- IF oxygen level IS UNDER 88-94% (**BELOW 88% -> ER**)
- Abnormal CHEST X-RAY
- **Prednisone/Methylprednisolone** 1 mg/kg for 5 days followed by slow taper

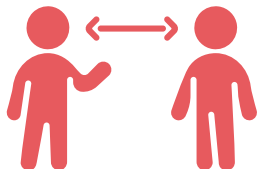
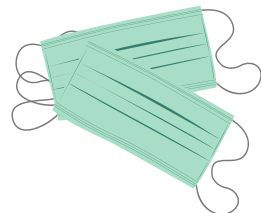
Nutritional Therapeutics

Prevention



- **Prevention:**
 - **Nigella Sativa** 40 mg/kg daily
- **Early Treatment for 14 days:**
 - **Curcumin (turmeric)** 500 mg 2x daily
 - **Nigella Sativa (black cumin seed)** 80 mg/kg daily
 - **Honey** 1gm/kg daily

Early Treatment



During outbreaks: wear masks in indoor public spaces, maintain distance, wash and disinfect hands for at least 20-30 seconds to prevent spread of infection, and use a pulse oximeter to check your oxygen levels. See our [guide](#).

- Dosage may be updated as further scientific studies emerge.
- The safety of Ivermectin in pregnancy has not been established.
- The above is for educational purposes and should not be a substitute for medical advice. Full disclaimer [here](#).