



A Proposed Role for Zinc Supplementation in Covid-19 Prevention

Chanda Siddoo-Atwal

*Moondust Cosmetics Ltd. West Vancouver, Canada
E-mail: moondustcosmetics@gmail.com*

Abstract: Covid-19 is a contagious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which was identified in 2020. SARS-CoV-1 infection attack on lungs (particularly airway epithelia), heart, kidneys, small intestine, testes, and vascular endothelia. Enzymatic studies have revealed that zinc directly blocks the activity of the RNA polymerase by inhibiting elongation and reducing template binding. Increasing zinc availability in the body is considered safe, since zinc toxicity is rare and requires the intake of unusually large doses.

Keywords: Covid-19, Human health, Zinc, Life cycle of SARS-CoV-2
