

Potential interventions for novel coronavirus in China: A systematic review

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Vitamin D supplementation to prevent acute respiratory tract infections: systematic review and meta-analysis of individual participant data

BMJ 2017; 356 doi: <https://doi.org/10.1136/bmj.i6583> (Published 15 February 2017) Cite this as: *BMJ* 2017;356:i6583

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Preventive Effects of Vitamin D on Seasonal Influenza A in Infants

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Vitamin D for prevention of respiratory tract infections

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[A double-blind, randomized, placebo-controlled nutritional study using an insoluble yeast beta-glucan to improve the immune defense system](#)

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An Evidence-Based Systematic Review of Beta-Glucan by the Natural Standard Research Collaboration

[Catherine Ulbricht](#), PharmD (Natural Standard Research Collaboration) et al.

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Effects of Yeast (1,3)-(1,6)-Beta-Glucan on Severity of Upper Respiratory Tract Infections: A Double-Blind, Randomized, Placebo-Controlled Study in Healthy Subjects

[Tanita Dharsono](#), [Karolina Rudnicka](#), [Manfred Wilhelm](#) & [Christiane Schoen](#)

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[M. Novak](#) & [V. Vetvicka](#)

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- **Black elderberry (*Sambucus nigra*) supplementation effectively treats upper respiratory symptoms: A meta-analysis of randomized, controlled clinical trials.**
- [Hawkins J](#)¹, [Baker C](#)², [Cherry L](#)², [Dunne E](#)²
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- [Nutrients](#). 2016 Apr; 8(4): 182.
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Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial

- [Evelin Tiralongo](#)^{1,2,*}, [Shirley S. Wee](#)^{2,3} and [Rodney A. Lea](#)⁴
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4848651/>
- <https://www.naturalmedicinejournal.com/blog/elderberry%E2%80%99s-anti-viral-activity-update>
- Garlic is alleged to have antimicrobial, antifungal and antiviral properties ([Ankri 1999](#); [Ruddock 2005](#); [Weber 1992](#)). It is purported to lower cholesterol and triglyceride levels, reduce blood pressure, slow the development of atherosclerosis and act as an anticoagulant ([Kyo 2001](#); [NCCAM 2006](#); [Tapsell 2006](#)). Other studies have reported anti-carcinogenic and immunomodulatory effects ([Kyo 2001](#)).
- The mechanism of action of garlic as an antimicrobial and antiviral agent is unknown. However, its sulphur-containing derivatives may exert an effect ([Naganawa 1996](#); [Weber 1992](#)). Alternatively, the effects of garlic may be due to ajoene, a derivative of allicin which displays antiplatelet and antimicrobial activities in vitro ([Naganawa 1996](#); [Ruddock 2005](#); [Weber 1992](#)). When raw garlic is crushed, allicin is produced ([Naganawa 1996](#); [Weber 1992](#)). Allicin has demonstrated antibacterial properties in vitro ([Cavallito 1944](#)), but some studies suggest it is an unstable compound that is not detected in the circulation after ingestion ([Naganawa 1996](#)). Fresh garlic is estimated to contain approximately 4.38 to 4.65 mg of allicin per gram of garlic; thus for one fresh clove of garlic, weighing approximately 4 g, there is approximately 17.52 to 18.60 mg of allicin ([Ruddock 2005](#); [Staba 2001](#); [WHO 1999](#)). It is important to recognise that commercial garlic preparations may contain different garlic-derived compounds according to the process used to formulate the product ([Miller 2000](#); [Ruddock 2005](#); [Staba 2001](#); [Weber 1992](#)), and that there may be substantial differences in the release of allicin from different preparations ([Lawson 2001](#)). There may, therefore, be differences in the effects between preparations and this should be

taken into account when evaluating studies of effectiveness. In vitro studies do not indicate clinical efficacy.

(n-3) Fatty Acids and Infectious Disease Resistance

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Clinical study

Beneficial effects of oral zinc supplementation on the immune response of old people☆

Author links open overlay panel [Jean Duchateau M.D.](#)

¹[Guy Delepesse M.D., Ph.D.](#) ¹[Roger Vrijens M.D.](#) ¹[Henri Collet Biol. Tech.](#) ¹

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