

**CO**RONA**VI**RUS **D**ISEASE 2019
(COVID-19)

**Social Media Posts – Dietary Supplements and COVID-19**

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| **Audience:** MarComm colleagues to post on social media for the public, colleagues |
| **Revision Date:** 8/3/2021 |
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| **COVID-19 Response Team Owner:** Clinical and Operations |
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Social media posts on National Institutes of Health research on dietary supplements and their effects on COVID-19

The National Institutes of Health Office of Dietary Supplements finds no clear evidence any dietary supplement helps prevent COVID-19 or decrease the severity of COVID-19 symptoms.

**Twitter**

Ever wonder if taking vitamins can help prevent #COVID-19 or decrease how sick you get from it? The [NIH](https://ods.od.nih.gov/factsheets/DietarySupplementsInTheTimeOfCOVID19-Consumer/?utm_medium=email&utm_source=govdelivery) found no clear evidence dietary supplements help with that. Only #vaccines and medications can prevent COVID-19 and treat symptoms.

**Facebook/LinkedIn**

You might wonder whether taking certain dietary #supplements can help your #immune system work better or make you less likely to get sick or die from #COVID-19. The [National Institutes of Health (NIH)](https://ods.od.nih.gov/factsheets/DietarySupplementsInTheTimeOfCOVID19-Consumer/?utm_medium=email&utm_source=govdelivery) has found no clear evidence dietary supplements help prevent COVID-19 or decrease symptom severity. Only #vaccines and medications can prevent COVID-19 and treat symptoms.

Your immune system needs certain #vitamins and minerals to work properly. These include vitamin C, vitamin D, and zinc. Herbal supplements, probiotics, and other dietary supplement ingredients might also affect immunity and inflammation. However, research results so far do not show that any are useful against COVID-19. The NIH’s [fact sheet](https://ods.od.nih.gov/factsheets/DietarySupplementsInTheTimeOfCOVID19-Consumer/?utm_medium=email&utm_source=govdelivery) summarizes what’s known about the safety and effectiveness of some of these dietary supplement ingredients.

**Social Graphic**

