

# COVID-19 Superfoods

survive19

- 1 general health
- 2 dark green veg (kale)
- 3 citrus fruit
- 4 herbs (oregano, basil + thyme)
- 5 grapes / raisins
- 6 peppers (all)
- 7 berries
- 8 ginger (turmeric)
- 9 cinnamon
- 10 onions (red)
- 11 shellfish (oysters)
- 12 whole grains
- 13 garlic
- 14 honey
- 15 capers
- 16 cocoa (dark chocolate)
- 17 meat (beef)
- 18 legumes (chickpeas)
- 19 green tea

	ivermectin	quercetin	vitamin c	hydroxychloroquine	zinc	monoclonal antibodies	prednisone	azithromycin	aspirin	epigallocatechin gallate
1 general health	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2 dark green veg (kale)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3 citrus fruit	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 herbs (oregano, basil + thyme)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5 grapes / raisins	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6 peppers (all)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7 berries	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
8 ginger (turmeric)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
9 cinnamon	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10 onions (red)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11 shellfish (oysters)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
12 whole grains	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
13 garlic	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
14 honey	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15 capers	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
16 cocoa (dark chocolate)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
17 meat (beef)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
18 legumes (chickpeas)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
19 green tea	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓