COVID-19 PREVENTION IN MICRONUTRIENTS PERSPECTIVE: A NARRATIVE REVIEW

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ABSTRACT

Background: Today the spread of Coronavirus 2019 (Covid-19) is still a global problem. Behind the pandemic of Covid-19 problem we must understand that the human body has inherent and adaptive immunity that can fight back pathogens. This study aimed to examine micronutrients perspective for Covid-19 prevention.

Subjects and Method: This was a narrative literature review study based on the collection of a variety of the latest scientific articles related to micronutrients, immunity and Covid-19. This study used standard methodological procedures expected by Cochrane for data analysis and followed The Grading of Recommendations Assessment, Development and Evaluation (GRADE) approach to establish certainty in the findings.

Results: Most of the adaptive immunity was built by vaccinations or certain drugs. There was no vaccine for Covid-19 yet and it has not been established. One preventive measure was to increase the immune system by consuming enough micronutrients that were important for the body.

Conclusion: Vitamins A, D, C, E, Folic Acid, Zinc, Iron, and Copper can be recommended for increased endurance our body in the pandemic mass of Covid-19.

Keywords: Covid-19, prevention, immune system, micronutrients

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