



Dr. med.  
**Christian Wirth**

- Privatpraxis für Allgemeinmedizin
- Traditionelle Chinesische Medizin
- Naturheilkunde
- Funktionelle Medizin
- Stressmedizin
- Darmgesundheit

Dear patients,

based on current recommendations, I have put together an exemplary list of a treatment concept for the **acute treatment** of an acute infection with SARS-Covid-19. This is a **therapy suggestion** with no claim to completeness or uniqueness. No guarantee can be given for effectiveness and tolerability. Of course, you can also use comparable preparations from other manufacturers.

Aminoplus Immun	1-1-1	
Vitamin C 1000mg	1-1-1	distribute throughout the day
ACC/NAC 600mg	1-1-1	
ASS 100mg	1-0-0	
Haematozym	1-0-1	www.mitocare.de
D-Galactose 1TL=3g	1-1-1	e.g. by www.sunday.de
FibreControl	1-0-1	or Butyrate 600mg 1-0-1
Tantum verde 1 EL	3x/d gurgle	
Soledum forte	1-1-1-1	
Q10 200mg	1-0-0	
PQQ 10mg	1-0-1	
Vitamin ADEK 5000	1 drop	
Melatonin 5mg	0-0-2/3	
Berberin 500mg	1-0-1	
Resveratrol	1-0-1	
OPC	1-0-1	
Cetirizin/Loratadin 10mg	1-0-1	

Please make sure you have enough fresh air and a high-quality, balanced diet (sugar-free, gluten free, no dairy products).

If you feel any **deterioration**, please contact your doctor immediately. If you have severe symptoms (**shortness of breath, difficulty in breathing, feeling of heaviness and/or chest pain, bluish lips** and fever lasting for more than 7 days or other symptoms), please call the emergency number (**112**). Please be sure to mention your acute Covid-19 illness.

For **children**, please call the emergency number (**112**) if they are **not interested in eating/breastfeeding, have blue lips, are confused or are short of breath/difficulty breathing**.

If you have any questions, don't hesitate to contact us. We wish you a speedy recovery.

Best regards  
Yours Dr. Wirth and team