

Review of: "[Case Report] Supplementation with Vitamin D, Zinc, and Quercetin to Treat COVID-19: A Case Report"

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Potential competing interests: No potential competing interests to declare.

This case report explores the treatment of a 23-year-old female with COVID-19 using a combination of vitamin D, zinc, and quercetin. The supplementation of these nutrients resulted in the resolution of her symptoms, suggesting their potential therapeutic benefit in the management of COVID-19. There some suggestions to further improve the paper:

1. Provide more context and background: Expand the introduction to include more information about the prevalence and impact of COVID-19, the challenges faced by healthcare systems, and the limitations of conventional treatments citing some recent reports <https://doi.org/10.1021/acs.langmuir.2c00671> & <https://doi.org/10.1016/j.scitotenv.2022.160503>. This will help readers understand the significance of exploring alternative treatments and bottleneck.
2. While the case report highlights the positive outcome for one patient, it would be beneficial to include additional cases or studies if possible involving a larger number of patients. This would enhance the credibility and generalizability of the findings.
3. Present a clearer methodology: Specify how the patient was selected, the criteria used to determine the dosage of each supplement, and the duration of the treatment. Clearer details about the telehealth call and any other assessments conducted would also be helpful.
4. Discuss potential limitations: Acknowledge and address any potential limitations of the study. For example, mention the lack of a control group, the absence of blinding or randomization, or any other factors that may have influenced the observed outcomes.
5. Provide a balanced discussion of the supplements: While the case report highlights the potential benefits of vitamin D, zinc, and quercetin citing a seminal work on the topic <https://doi.org/10.3390/ijms21041278>, it's important to discuss the existing evidence and potential risks or contraindications associated with these supplements. Presenting a balanced view will help readers make informed decisions.