



Post-Covid Gut Microbiome Care

Post-Covid Gut Microbiome Rebalancing Protocol

Adults (*Kids 12 & under - same # of days, just half the quantity of capsule/pill*)

- 1 pill Selenium (100 mcg), 1x/day for 13 days

Once Selenium finished, then begin all 3 simultaneously next day:

- 2 capsules Om / day for 40 days
- 2 capsules Methyl Folate (400 mcg) / day for 25 days
- 1 capsule Ginkgo / day for 12 days

Once above protocol completed:

- 2 pills Spirulina / day for 3 months



Overview of selenium, Om, methyl folate, & ginkgo benefits

Post-Covid Research / Reviews

Chu L, Bishof K, Dumes AA, Wesley Ely E, Joseph PV, Troxel AB; National Academies of Sciences, Engineering, Medicine (NASEM) Committee on Examining the Working Definition for Long COVID. The 2024 National Academies of Sciences, Engineering, and Medicine Long COVID Definition: What Clinicians Need to Know. J Gen Intern Med. 2025 Jul;40(9):2024-2027. doi: 10.1007/s11606-025-09415-8. Epub 2025 Mar 10. PMID: 40063321; PMCID: PMC12325811.

Davis, H.E., McCorkell, L., Vogel, J.M. et al. Long COVID: major findings, mechanisms and recommendations. Nat Rev Microbiol 21, 133–146 (2023). <https://doi.org/10.1038/s41579-022-00846-2>

dos Santos Pinto et al. Persistent Gastrointestinal Symptoms in Long COVID: clinical and laboratory insights from a 2-Year Cohort. Dec 1, 2025. <https://doi.org/10.21203/rs.3.rs-7375668/v1>

Gubatan, M. Gastrointestinal Issues Post-Covid and Their Management. Presentation. May 29, 2025
YouTube recording: <https://www.youtube.com/watch?v=Gyvfl0rlfyg>.

Lesgards, J.-F.; Cerdan, D.; Perronne, C. Do Long COVID and COVID Vaccine Side Effects Share Pathophysiological Picture and Biochemical Pathways? Int. J. Mol. Sci. 2025, 26, 7879. <https://doi.org/10.3390/ijms26167879>

Xu, E., Xie, Y. & Al-Aly, Z. Long-term gastrointestinal outcomes of COVID-19. Nat Commun 14, 983 (2023). <https://doi.org/10.1038/s41467-023-36223-7>

Xu, E., Xie, Y. & Al-Aly, Z. Long-term neurologic outcomes of COVID-19. Nat Med 28, 2406–2415 (2022). <https://doi.org/10.1038/s41591-022-02001-z>

Xie, Y., Xu, E., Bowe, B. et al. Long-term cardiovascular outcomes of COVID-19. Nat Med 28, 583–590 (2022). <https://doi.org/10.1038/s41591-022-01689-3>



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The Disease State of Long COVID

An Infection-Associated Chronic Condition (IACC)

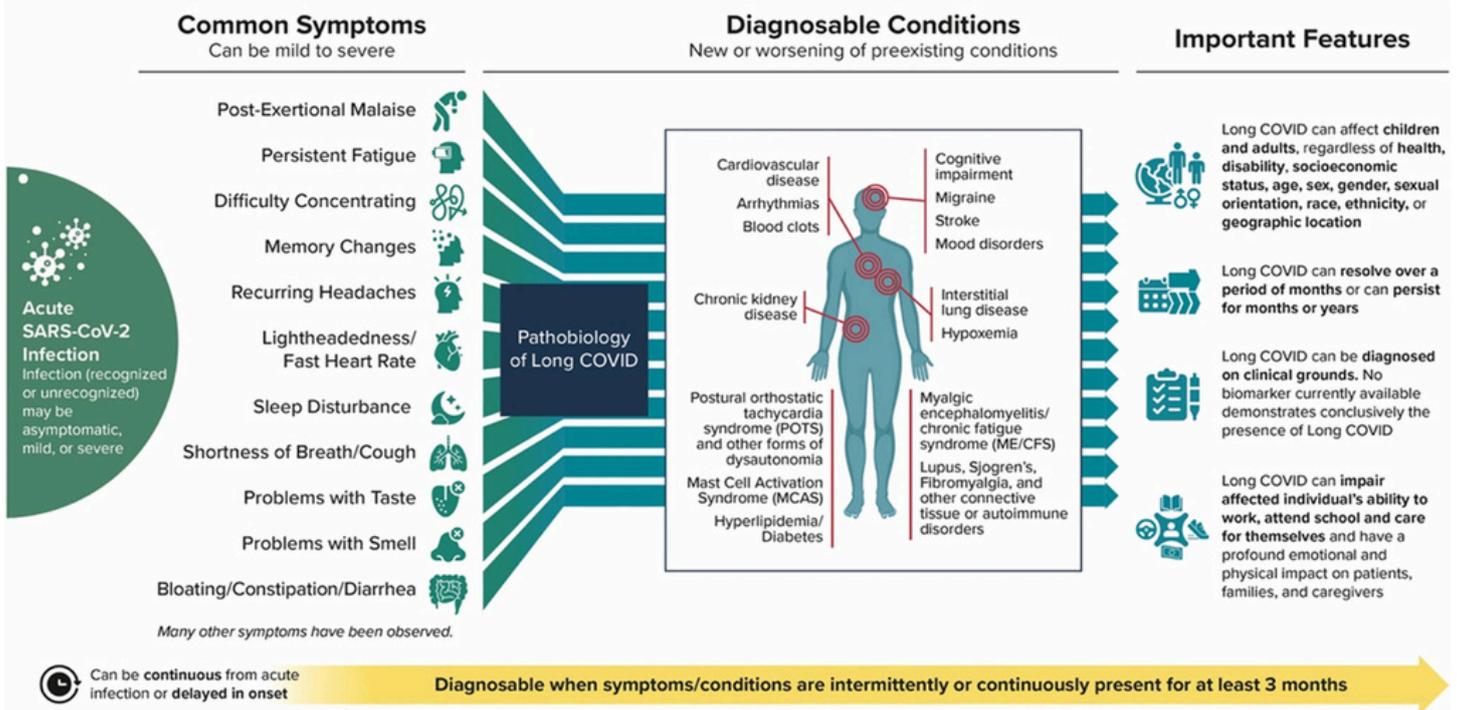
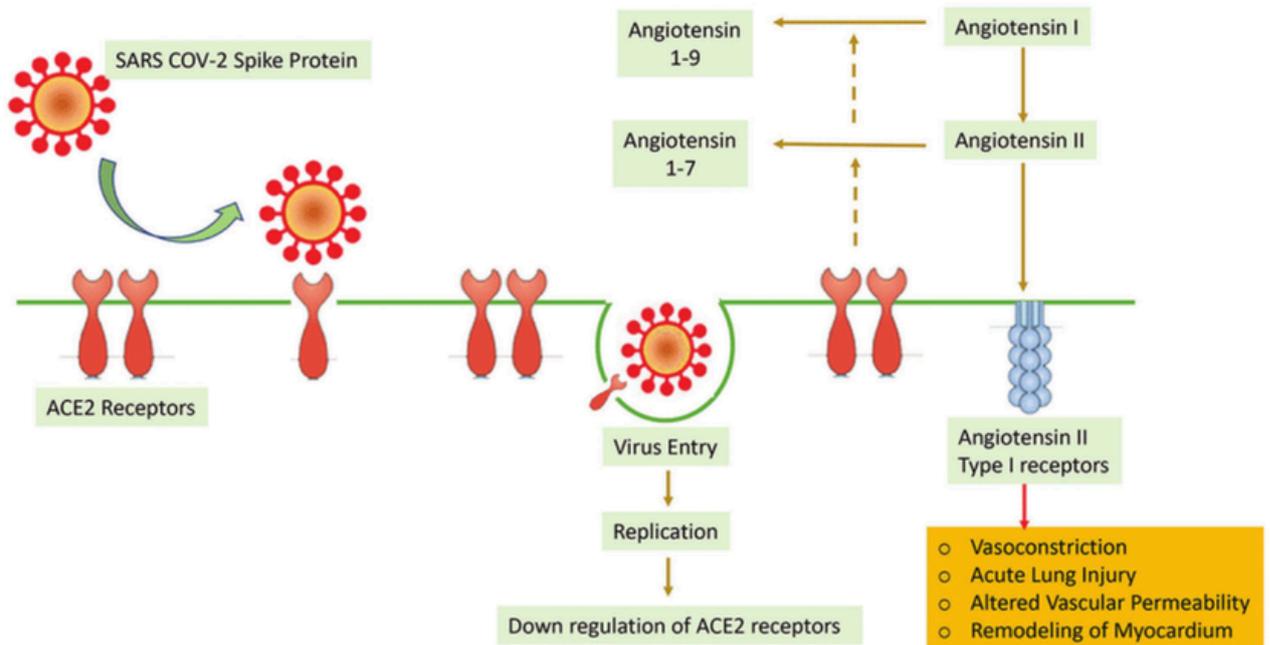


Figure from *J Gen Intern Med.* 2025 Jul;40(9):2024-2027.
doi: 10.1007/s11606-025-09415-8. Epub 2025 Mar 10. PMID: 40063321; PMCID: PMC12325811.



SARS COV-2 attaches to ACE2 receptor by spike protein and then it is interiorized by endocytosis and it undergo further replication, this causes downregulation of ACE2. ACE 2 plays important role in degradation of Angiotensin I and Angiotensin II into Angiotensin 1-9 and Angiotensin 1-7 respectively. The accumulated Angiotensin is responsible for vasoconstriction, Acute Lung Injury, altered vascular permeability, and myocardial remodeling associated with COVID-19 disease

Figure from *Rastogi, Amit. (2020). Covid 19 and its Cardiovascular Effects. Annals of Cardiac Anaesthesia. 23. 10.4103/aca.aca.237.20.*