



## Essential Nutrients to Slow the Progression of Viral Infection

When it comes to nutrients, the word “essential” means that you need it but your body can’t make it. There are nine essential amino acids, two essential fatty acids (omega-6 and omega-3 polyunsaturated fats), 13 essential vitamins, and 20 essential minerals. Adequate amounts and proper balances of these nutrients are needed for proper metabolic function, to maintain bone, and to support neurologic and cardiovascular health. Nutrients also help to strengthen the immune response and prevent chronic disease. No single food can provide all the vitamins and minerals we need, so it’s important to eat a diverse, healthy diet. It may be necessary to take supplements to prevent deficiency of certain essential nutrients.



Vitamin D, vitamin B12, and magnesium are essential nutrients. A recent study conducted by researchers from Singapore and Duke Medical School evaluated the effect of daily doses of oral vitamin D3 1000 IU, magnesium 150mg, and vitamin B12 500mcg on COVID progression to severe outcome in older patients. This combination (called DMB) was chosen because the relatively safe nutrients help to reduce the body’s inflammatory response to viral infections. The study compared all consecutive hospitalized COVID-19 patients aged 50 and above in a tertiary academic hospital who received DMB upon admission if they did not require oxygen therapy, to a control group of patients who did not take DMB. As hypothesized, significantly fewer DMB patients required initiation of oxygen therapy or intensive care support throughout their hospitalization (17.6% of patients who took DMB required oxygen versus 61.5% of patients who did not take DMB).

***Ask our pharmacist about the best form of supplements to maximize absorption and beneficial effects.***

*References:*

<https://www.openfit.com/essential-nutrients-explainer>

<https://www.medrxiv.org/content/10.1101/2020.06.01.20112334v2>

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## COVID-19 Test Kits Available at Clearspring Pharmacy!

Clearspring Pharmacy has two options for COVID-19 test kits! No appointment necessary.

MicroGenDX test kits are \$199. MicroGenDX is a CLIA/CAP certified high complexity lab which has been validated and added to the FDA website as a resource laboratory for COVID-19 Testing. The test is performed in the privacy of your own home using sputum and includes a FedEx self-mailer. The results will be sent to ClearSpring Pharmacy and one of our pharmacists will contact you with the results.

Also available from Viverra Pharmaceuticals is the COVID-19 Rapid Test for \$199. This is an in-vitro diagnostic test for the qualitative detection of IgM and IgG antibodies to the SARS-CoV-2 virus in human serum. Accurate results in 20 minutes!

*Ask us form more information!*

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## Have you been laid-off or furloughed due to COVID-19?

If you are having trouble paying for your cash compounded prescriptions at this time, please speak to one of our professional staff members to find out how we can help you. We do not want you to discontinue or alter your medication regiment due to financial hardship. **We can help!**

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Be sure to follow [@ClearSpringPharmacy](#) on Instagram to keep up with the latest happenings at the pharmacy and important health information!



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## Download our App

ClearSpring mobileRx app allows you to refill prescriptions on your mobile device at your convenience. You can refill multiple prescriptions on a mobile device by entering your prescription numbers, scanning the barcode on the prescription bottles or using your Patient Profile.

[LEARN MORE](#)



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## Two-Way Text Communication

At ClearSpring Pharmacy, we now offer two-way text communication where we can communicate conveniently about your prescription, refill status, insurance, etc. Ask your pharmacist for details.



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303.707.1717 (fax)

Shop our Littleton  
Location



303.333.2010 (phone)  
303.333.2208 (fax)

Shop our Cherry  
Creek Location



ClearSpring Pharmacy's Littleton location is a PCAB® Accredited Compounding Pharmacy. [Learn more about PCAB® Accreditation.](#)



*We care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.*