

# Supplements & over-the-counter treatments that may help with Long COVID



**LONG COVID ESSENTIALS: A series by [The Sick Times](#) & [Long COVID Justice](#)**

Though there is no cure for Long COVID, many over-the-counter treatments have helped patients find some relief from their symptoms. Keep in mind that Long COVID affects many systems, and that treatment is individualized – **so something that works for one person may not work for someone else**. And any one supplement or medication is unlikely to address all symptoms.

**Though the following medications and supplements are evidence-based, they still need larger studies to back them up.** You should speak with a healthcare provider and [research potential interactions](#) and side effects thoroughly before taking them. Make sure to ask about the [best brands and recommended doses](#): some are higher quality and others may have additives that could cause some people to react poorly to them.

Lastly, be sure to try just one or two new treatments at once and decide how you will assess if it is effective. **A typical trial period is about four weeks to determine if something is helping.** If you take multiple supplements, carefully read the ingredients of each to make sure you don't take too much of certain things. Some vitamins or additives can be harmful if taken in excess.

The following over-the-counter medications and supplements can help with the Long Covid symptoms listed below. *This is not a comprehensive list.* Prescription medications that may be useful [are listed in this fact sheet](#).

- **Acetyl L-carnitine** (for [fatigue](#), [neuropathy](#))
- **Antihistamines** (for [allergy symptoms](#), mast cell activation syndrome, and/or histamine sensitivity)
- **Low-dose Aspirin** (to prevent or treat potential clotting, though [unlikely to break up microclots on its own](#))



- **Body work** like [massage](#) and [acupuncture](#) (can help with fatigue, body aches, circulation, inflammation – start out gently as it can [trigger PEM](#) in some)
- **B vitamins** ([fatigue](#), [neuropathy](#), dysautonomia)
- **CBD/THC** (for [muscle cramps](#) and general pain)
- **Coenzyme Q10** (CoQ10) (for [fatigue](#), [brain fog](#), [muscle cramps and pain](#))
- [Compression leggings, tights, and other garments](#) (for dysautonomia, microclots, energy, and body aches)
- [Creatine](#) (for fatigue, body aches, brain fog, breathing issues, loss of taste)
- **Cromolyn nasal spray** (Nasal crom) (for allergy symptoms, mast cell activation syndrome, and/or histamine sensitivity)
- **D vitamins** (allergic symptoms, [neuropathy](#), [brain fog](#))
- **D-ribose** (for [fatigue](#))
- **DAO supplements** before meals (for [allergy symptoms](#), mast cell activation syndrome (MCAS), and/or histamine sensitivity)
- **Electrolytes** with salt content, like LMNT and Saltstick (for dysautonomia)
- **Ginseng** (for [fatigue](#))
- **Hydroxytyrosol** (for [fatigue](#))
- **Ketotifen fumarate eye drops** (Zaditor) (for allergy symptoms, mast cell activation syndrome, and/or histamine sensitivity)
- **L-arginine** (for [inflammation](#))
- **L-theanine** (for [brain fog](#))
- **Lipoic acid** (for [neuropathy](#))
- **Low histamine diet** (for allergy symptoms, [mast cell activation syndrome](#), and/or histamine sensitivity)
- **Magnesium** (especially Magnesium Threonate for [brain fog](#), Magnesium citrate for constipation)



- **N-acetyl cysteine** (NAC) (for [inflammation](#))
- **NAD+** (for [fatigue](#))
- **Nattokinase and Lumbrokinase** ([microclots](#))
- **Omega-3** (for [brain fog](#), [muscle cramps and pain](#))
- **Pepcid** (famotidine) (for MCAS, allergic symptoms, and [brain fog](#))
- **Probiotics** (for stomach upset, fatigue, [brain fog](#), allergic symptoms – but be sure to choose one with [low-histamine ingredients](#) if you may be sensitive to histamine)
- **Quercetin** (for [allergy symptoms](#), [MCAS](#), and/or histamine sensitivity)
- **Specialized Pro-Resolving Mediators** (for [muscle cramps and general pain](#))
- **Vitamin C** (for allergy symptoms, mast cell activation syndrome, and/or histamine sensitivity, [inflammation](#))
- **Zinc** (for [fatigue](#), allergic symptoms)

## \* Resources

- [Long COVID and supplements](#) – Bateman Horne Center
- [Dietary supplements in the time of COVID-19](#) – National Institutes of Health (NIH)
- [A patient/pharmacist-led survey on supplements](#) – PharmMD
- [Drug interaction checker](#) – Drugs.com

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*This series was designed by people living with Long COVID and associated diseases. Each resource sheet has been reviewed by patient and medical experts. This is an informational resource, not medical advice. Publication date: 12/13/2024.*