

Nigella Sativa, Honey and COVID-19

Did you know?



A randomized placebo-controlled study demonstrated that the combination of honey and Nigella sativa hastened recovery, decreased viral shedding, and reduced mortality in patients with both moderate and severe COVID-19 infection. In addition, Nigella sativa is a zinc ionophore, which means it helps carry zinc into the cells to kill a virus.

Dosage of Nigella Sativa for COVID-19



- **80 mg/kg per day** (or 400 to 500 mg of encapsulated oil) twice a day with honey (see dosage below)
- Pure oil and seeds: **3,300 mg = 1 teaspoon;**
10,000 mg = 1 tablespoon
- Example: A person weighs 80 kg. Their dose is $80 \text{ mg} \times 80 \text{ kg} = 6,400 \text{ mg}$ per day. 6,400 mg equals about 2 teaspoons

Dosage of Honey for COVID-19



- **1 g/kg/day**
- **Honey calculator**
- Example: A person weighs 80 kg. Their dose is $1 \times 80 = 80 \text{ g}$
 - Use calculator link
 - 80 g equals about 3.75 tablespoons

More information



- [Contraindications for Nigella sativa](#)
- [Contraindications for honey](#)
- [From A to Zinc: The FLCCC Nutrient Guide](#)
- [I-CARE Early Covid Treatment](#)