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<https://www.immunity.org.uk/articles/felix-de-fries/>

To those affected, their doctors and cartakers
to groups, institutions and media

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ref: **N-azetyl-Cysteine as effective mean to prevent and treat
Covid-19**

Dear Sir/Madam

The accompanying articles show the central role that glutathione deficiency plays in Covid-19 and for its severe course. Glutathione, which is formed from food components and transported into the cells using reduced oxygen, plays a crucial role in the formation of the energy carrier molecule ATP (adenosine triphosphate) in the mitochondria, living as organelles in the cells, which is required there for antiviral activities such as autophagy and programmed cell death (Apoptosis).

In today's world, malnutrition and oxidative stress caused by air pollution lead to widespread glutathione deficiency in the population and, as a result, to a weakening of antiviral defense capacities in individuals.

Natural sulfur compounds such as N-acetyl-cysteine and sulphoraphane, which is found in brassica vegetables such as broccoli and cabbage, can increase glutathione production so that the ability to defend against viral pathogens can be

restored. (This was already demonstrated in studies with so-called HIV-carriers many years ago.)

N-acetyl-L-cysteine as a powder can best be taken up with sweet cider, which can absorb the sulphurous taste well. It can also be given via infusion in an emergency. Despite existing studies on its preventive use against Covid-19, this was not done with artificial ventilation, probably because this "commonplace remedy" was not seen as effective and profitable enough.

ACE-Ecco and similar products, which are taken as effervescent tablets for colds to combat mucus buildup in mucous membranes of the mouth and the nose do not have the correct chemical form to promote the formation of glutathione in the cells. Since N-acetyl cysteine powder can be very expensive in individual pharmacies, we recommend purchasing it from specialized suppliers.

With the weather congestion increasingly occurring in wintertime, which is accompanied by increased amounts of particulate matter, corona infections are likely to increase again among vaccinated and unvaccinated people, who could become infected again through contact with sick people indoors.

Study Group AIDS-therapy

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Literature:

Glutathione deficiency in the pathogenesis of SARS-CoV-2 infection and its effects upon the host immune response in severe COVID-19 disease

[PDF] [Glutathione deficiency in the pathogenesis of SARS-CoV-2 infection and its effects upon the host immune response in severe COVID-19 disease](#)
[PDF] [scienceopen.com](#)

Therapeutic blockade of inflammation in severe COVID-19 infection with intravenous N-acetylcysteine

[Therapeutic blockade of inflammation in severe COVID-19 infection with intravenous N-acetylcysteine](#)
[HTML] [nih.gov](#)

N-acetylcysteine replenishes glutathione in HIV infection

https://web.archive.org/web/20101105175609/http://aliveandwellsf.org/articles/derosa_NAC_GSH_2000.pdf

N-Acetylcysteine and Hydrogen Sulfide in Coronavirus Disease 2019

[PDF] [researchgate.net](#)

https://www.researchgate.net/profile/Arno-Bourgonje/publication/349457800_N-acetylcysteine_NAC_and_Hydrogen_Sulfide_H2S_in_Coronavirus_Disease_2019_COVID-19/links/607a85832fb9097c0cecbf68/N-acetylcysteine-NAC-and-Hydrogen-Sulfide-H2S-in-Coronavirus-Disease-2019-COVID-19.pdf

N-acetylcysteine: A potential therapeutic agent in COVID-19 infection

[HTML] [nih.gov](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7380211/>

N-acetyl-cysteine reduces the risk for mechanical ventilation and mortality in patients with COVID-19 pneumonia: a two-center retrospective cohort study

[PDF] [tahomaclinic.com](#)

<https://tahomaclinic.com/Private/Articles4/ImmuneSupport/Assimakopoulos%202021%20-%20N-acetyl-cysteine%20reduces%20the%20risk%20for%20mechanical%20ventilation%20and%20mortality%20in%20patients%20with%20COVID-19%20pneumonia.pdf>

[HTML] Efficacy of glutathione therapy in relieving dyspnea associated with

COVID-19 pneumonia: A report of 2 cases

[HTML] [sciencedirect.com](#)

<https://www.sciencedirect.com/science/article/pii/S2213007120301350>

Rationale for the use of N-acetylcysteine in both prevention and adjuvant therapy of COVID-19

[PDF] wiley.com Full View

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7436914/>

[PDF] Therapeutic potential of N-acetyl cysteine (NAC) in preventing cytokine storm in COVID-19: review of current evidence

[PDF] europeanreview.org

<https://www.europeanreview.org/wp/wp-content/uploads/2802-2807.pdf>

HTML] N-acetylcysteine to combat COVID-19: an evidence review

HTML] nih.gov

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7649937/>