

**Literaturquellen zum Artikel „Das Immunsystem stärken ... nicht nur in Corona-Zeiten“
momentum 3/2020 von Nicole Weis**

Bergman P et al. Vitamin D and Respiratory Tract Infections: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *PLoS One* 2013; 8(6): e65835. doi: 10.1371/journal.pone.0065835

Chen C et al. Sambucus nigra extracts inhibit infectious bronchitis virus at an early point during replication. *BMC Vet Res* 2014; 10: 24. doi: 10.1186/1746-6148-10-24

Chen M et al. Protective roles of Cordyceps on lung fibrosis in cellular and rat models. *J Ethnopharmacol* 2012; 143(2): 448-54. doi: 10.1016/j.jep.2012.06.033

Daneshkhah A et al. The Possible Role of Vitamin D in Suppressing Cytokine Storm and Associated Mortality in COVID-19 Patients. *BMJ* 2020; doi: <https://doi.org/10.1101/2020.04.08.20058578>

Droebner K et al. Early antiviral activity of CYSTUS052 against H5N1 influenza virus is more efficient compared to oseltamivir. *Planta Med* 2008; 74 - SL108. doi: 10.1055/s-0028-1083988

Gröber et al. Immunrelevante Mikronährstoffe bei viralen Atemwegsinfektionen. *DZO* 2020 (Veröffentlichung in Vorbereitung)

Grant WB et al. Evidence that Vitamin D Supplementation Could Reduce Risk of Influenza and COVID-19 Infections and Deaths. *Nutrients* 2020; 12(4). pii: E988. doi: 10.3390/nu12040988.

Haidari M et al. Pomegranate (*Punica granatum*) purified polyphenol extract inhibits influenza virus and has a synergistic effect with oseltamivir. *Phytomedicine* 2009; 16(12): 1127-36. doi: 10.1016/j.phymed.2009.06.002

Harthill M et al. Review: Micronutrient Selenium Deficiency Influences Evolution of Some Viral Infectious Diseases. *Biol Trace Elem Res* 2011; 143: 1325–1336. doi: 10.1007/s12011-011-8977-1

Hensel A et al. Pflanzliche Extrakte gegen virale Infektionen des oberen Rachenraums. *ZPT* 2020; 41: 52-54

Ide K et al. Effect of gargling with tea and ingredients of tea on the prevention of influenza infection: a meta-analysis. *BMC Public Health* 2016; **16**: 396. <https://doi.org/10.1186/s12889-016-3083-0>

Ilie PC et al. The role of vitamin D in the prevention of coronavirus disease 2019 infection and mortality. *Aging Clin Exp Res* 2020; <https://doi.org/10.1007/s40520-020-01570-8>

Read SA et al. The Role of Zinc in Antiviral Immunity. *Adv Nutr* 2019; 10(4): 696-710. doi: 10.1093/advances/nmz013

Romeo L, Iori R, Rollin P, Bramanti P, Mazzon E. Isothiocyanates: An Overview of Their Antimicrobial Activity against Human Infections. *Molecules* 2018; 23: 624. doi: 10.3390/molecules23030624

Shanghai Coronavirus Disease Clinical Treatment Expert Group. Expert consensus on comprehensive treatment of coronavirus disease in Shanghai 2019. *Chinese Journal of Infectious Diseases* 2020; 38

Singh M et al. Zinc for the common cold. *Cochrane Database of Systematic Reviews* 2013; Issue 6. Art. No.: CD001364. DOI: 10.1002/14651858.CD001364.pub4

Steinbrenner H et al. Dietary Selenium in Adjuvant Therapy of Viral and Bacterial Infections. *Adv Nutr Int Rev* 2015; 6: 73–82. doi: 10.3945/an.114.007575

Zhang J et al. Association between regional selenium status and reported outcome of COVID-19 cases in China. *The American Journal of Clinical Nutrition* 2020; nqaa095. <https://doi.org/10.1093/ajcn/nqaa095>