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Sufficient niacin supply: the missing puzzle piece to COVID-19, and beyond?

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Abstract: Definitive antiviral properties are evidenced for niacin, i.e., nicotinic acid (NA), as coronavirus disease 2019 (COVID-19) therapy for both health restoration and prevention, to the level that progression of COVID-19 pathology may follow as an intrinsic function of NA

supply. This detailed investigation proposes thorough disentanglement of how the downstream inflammatory propagation of ensuing severe acute respiratory virus 2 (SARS-CoV-2) infection can either be prohibited or reversed upstream out the body to expeditiously restore health with

well-tolerated dynamic supplementation of sufficient NA (i.e., ~1-3 grams per day). Culmination of this research leads to realization of the potentially ubiquitous therapeutic and preventive powers of NA against inflammatory disease, in general.

Despite continued intensive efforts to mitigate the spread and burden of coronavirus disease 2019 (COVID-19) in populations, implications for the future remain unclear. Encouraging nonetheless is the vast understanding of the disease gained as a result of the unprecedented level

of collective rigor dedicated by scientists across the globe. Synthesis of the recent advancements made from such accelerated investigation augurs particularly dynamically supplied, sufficient dosage of immediate-release nicotinic acid (NA) as a strikingly promising therapeutic

antiviral agent to overcome pending challenges.

Motivation for this original investigation into specifically NA supply as COVID-19 treatment was sparked by deduction of the possibility that the counterintuitive link so dramatically and consistently observed (see [@phil_w888's](#) page) of

(cigarette/tobacco-nicotine) smoking

against ensuing severe acute respiratory virus 2 (SARS-CoV-2) infection may be explained by the fact that nicotine is oxidized into NA during the combustion process (at a rate of ~60 mg/day for a pack-a-day smoker) [1].

1.

<https://t.co/PEhONXdY8D>

Further, elucidation following extensive review of the developing relevant literature points to an exclusive ability for sufficiently supplied NA (upon which the human species continues dynamically to be thoroughly deficient through diet)—through its unique, intricate,

endothermic biochemical processing—to induce a thermodynamic flush response that appears to be mechanistically capable of reversing/restoring health from, and/or protecting against an assortment of inflammatory-induced diseases of acute and prolonged nature, such as COVID-19.

In turn, this may also explain the consensus body of relevant literature evidencing potent therapeutic and/or protective properties for sufficient dosage of immediate-release NA across the disease spectrum, including but not limited to demonstrated successful application against:

cardio-metabolic/vascular conditions [2-13],

2.

<https://t.co/8rxHM3n7a6>

3.

<https://t.co/CZvGy26eBu>

4.

<https://t.co/rDqyftDdoH>

5.

<https://t.co/ea6UZlAmgC>

6.

<https://t.co/SQ5KdPTNMz>

7.

<https://t.co/wAF8TpH1YF>

8.

<https://t.co/8Ce2Jzkv4J>

9.

<https://t.co/OUdv2llg1e>

10.

<https://t.co/2rhLhweTmc>

11.

<https://t.co/SVo7zPDxMT>

12.

<https://t.co/N3LxcPusOw>

13.

<https://t.co/s6GcrsBIZs>

arrhythmia/thrombosis [14-17],

14.

<https://t.co/Yd1l8ohXJe>

15.

<https://t.co/y6fnsR4D40>

16.

<https://t.co/nkbz4tyjaT>

17.

<https://t.co/iTmD8Z4LdJ>

hepatic as well as renal function [3,18],

3.

<https://t.co/CZvGy26eBu>

18.

<https://t.co/9gxY0cQdIX>

pulmonary/lung injury [19],

19.

<https://t.co/JgmKGaKmHC>

viral/infectious diseases including influenza [20-22]

20.

<https://t.co/EqyqJKq1BJ>

21.

<https://t.co/FKLEj5sYZw>

22.

<https://t.co/kpG0U2vKFm>

and retroviruses like HIV/AIDs [23-26]

23.

<https://t.co/d58DAM88q1>

24.

<https://t.co/uZ9x2RSHqc>

25.

<https://t.co/giGJ5qU6uv>

26.

<https://t.co/JPCoxeApxx>

as well as tuberculosis [27],

27.

<https://t.co/Sfs55oUoiW>

cancers [28-31],

28.

<https://t.co/7iAqZ4ZAW5>

29.

<https://t.co/tJ2a2BvqPd>

30.

<https://t.co/VibTLjGUzk>

31.

<https://t.co/JkGfYuYZKO>

thyroid-related disease [32,33],

32.

<https://t.co/zhl3noVrJN>

33.

<https://t.co/ONYf424Sm5>

arthritic conditions [34],

34.

<https://t.co/SxrWjhJ2L1>

neurodegeneration/dementia/aging [35-41],

35.

<https://t.co/GzJAezdb8b>

36.

<https://t.co/Nut6Kcczj9>

37.

<https://t.co/eXaSocerEE>

38.

<https://t.co/sK94Gt9zmU>

39.

<https://t.co/Cq4TxcUtJu>

40.

<https://t.co/qLk1QYtVBu>

41.

<https://t.co/nqFbRsYmWG>

auto-immune disorders [37,42],

37.

<https://t.co/eXaSocerEE>

42.

<https://t.co/B2JAXh0DFv>

birth defects [43]

43.

<https://t.co/JJZdQT4YVB>

and pre- or post-natal induced impairment of immune and neurodevelopmental function [44,45],

44.

<https://t.co/6OzCDPbwc6>

45.

<https://t.co/xUqhLmeW51>

mental health disorders [46-49],

46.

<https://t.co/LpESkUHO6l>

47.

<https://t.co/cQy54wXHHY>

48.

<https://t.co/EWyYzSCYWS>

49.

<https://t.co/OXDZG4RgQ3>

mast cell conditions [50,51],

50.

<https://t.co/6BFTTMOTtO>

51.

<https://t.co/kcF7dc9q0g>

genetic disorders [43,52,53],

43.

<https://t.co/JJZdQSN043>

52.

<https://t.co/p3YzYz7sWe>

53.

<https://t.co/n7qzprgNUc>

asthma [54],

54.

<https://t.co/F2x9hKMH6X>

dermatitis/eczema/psoriasis [55-60],

55.

<https://t.co/AJqsFhaMZf>

56.

<https://t.co/c5R7NUlixz>

57.

<https://t.co/VpSmwv7EBW>

58.

<https://t.co/e1Oyh17hIY>

59.

<https://t.co/mAwW8dZaSS>

60.

<https://t.co/VE5S780TUn>