



COVID-19 (Stage III)



30-75 years



Comorbidities (diabetes, hypertension and/or obesity)



Eating ability

## CONTROL GROUP (CG) n=40

### 1. Medical treatment and hospital diet.



- Survival 82.5%.
- Mortality 17.5% (7 deaths).
- Progression to Mechanical Ventilation Assistance (MVA) 17.5%.
- Survival in patients with MVA 71.4% (5 deaths).
- Greater need for supplemental oxygen and more depressive symptoms.
- Worse q-SOFA scale and gastrointestinal symptoms.



## INTERVENTION GROUP (IG) n=40

### 1. Medical treatment and hospital diet.



### 2. Nutritional Support System (NSS):

- **2 envelopes** (Spirulina Máxima, folic acid, glutamine, vegetable protein, ascorbic acid, zinc, selenium, cholecalciferol, resveratrol, Omega-3 fatty acids, L-Arginin, and magnesium) - 21 days.
- **B- Complex IV** - 5 days.
- **Saccharomyces boulardii** - 6 days



- Survival 97.5%.
- Mortality 2.5% (1 death)
- Progression to MVA 7.5%
- Survival in patients with MVA 33.5% (1 death).
- Less need for supplemental oxygen and less depressive symptoms.
- Better q-SOFA scale and gastrointestinal symptoms.

