

*This is not medical advice, I'm not a doctor, this is a summary of The Lancet article findings. Please consult your physician, especially if you have kidney or liver function issues, or take other medications or have other health concerns or risks.*

**THE LANCET METFORMIN PROTOCOL FOR COVID REINFECTION,  
TO HELP REDUCE CHANCES OF DEVELOPING LONG COVID**

**Link to The Lancet study here (print out to bring to medical appointment or email to your medical professional when request Metformin Rx:**

[https://www.thelancet.com/journals/laninf/article/PIIS1473-3099\(23\)00299-2/fulltext](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(23)00299-2/fulltext)

**You take Metformin for 14 days total, dose titrates up over 6 days:**

- The Rx is 36 pills, 500 mg each.
- 500mg on day 1
- 500mg twice daily for 4 days
- Then 500mg mornings and 1000mg evening days 6-14.

<b>METFORMIN LANCET PROTOCOL: Each Pill is 500mg</b>			
<b>Date for Each Dose (replace with your own dates, can then check off each dose to stay on track while sick)</b>	<b>Day</b>	<b>AM</b>	<b>PM</b>
Friday, Dec 29	1	1 pill	
Saturday, Dec 30	2	1 pill	1 pill
Sunday, Dec 31	3	1 pill	1 pill
Sunday, Jan 1	4	1 pill	1 pill
Monday, Jan 2	5	1 pill	1 pill
Tuesday, Jan 3	6	1 pill	2 pills
Weds, Jan 4	7	1 pill	2 pills
Thursday, Jan 5	8	1 pill	2 pills
Friday, Jan 6	9	1 pill	2 pills
Saturday, Jan 7	10	1 pill	2 pills
Sunday, Jan 8	11	1 pill	2 pills
Monday, Jan 9	12	1 pill	2 pills
Tuesday, Jan 10	13	1 pill	2 pills
Weds, Jan 11	14	1 pill	2 pills