Dietary Supplements to Reduce Symptom Severity and Duration in People with SARS-CoV-2: A Double Blind, Placebo Controlled, Phase III Randomized Controlled Trial

Supplementary Materials

Section 1: Symptom Questionnaire

Below is a list of symptoms people with COVID-19 may experience. **Please mark one option per question to indicate your response**. It does not matter what time of day you fill out the questionnaire, but we ask that you try and fill out each questionnaire around the same time each day. Please fill in the date you completed this questionnaire at the top of the page.

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1. What was your oral temperature today? ☐ <37.7°C ☐ 37.7 – 38.9°C ☐ 39.0 – 39.9°C ☐ ≥ 40°C

[Please wait 30 minutes after drinking any fluids before taking your temperature]

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2. Please rate the severity of the below symptoms **at their worst** over the past 24 hours. In general, "Mild" means noticeable but not affecting your usual daily activities and "Severe" would have a strong impact on your usual daily activities such that you are not able to do some or most of the things you normally do in a day.

- Cough ☐ None ☐ Mild ☐ Moderate ☐ Severe
- Shortness of breath ☐ None ☐ Mild ☐ Moderate ☐ Severe
- Fatigue ☐ None ☐ Mild ☐ Moderate ☐ Severe
- Headaches ☐ None ☐ Mild ☐ Moderate ☐ Severe
- Body Aches ☐ None ☐ Mild ☐ Moderate ☐ Severe
- Nausea (feeling like throwing up) ☐ None ☐ Mild ☐ Moderate ☐ Severe
- Shakes or chills ☐ None ☐ Mild ☐ Moderate ☐ Severe
- Congestion ☐ None ☐ Mild ☐ Moderate ☐ Severe
- Loss of Smell ☐ None ☐ Mild ☐ Moderate ☐ Severe
- Loss of Taste ☐ None ☐ Mild ☐ Moderate ☐ Severe

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3. How often have you vomited in the past 24 hours? ☐ Not at all ☐ 1-2 times ☐ 3-4 times ☐ 5+ times
4. How often have you had diarrhea in the past 24 hours? ☐ Not at all ☐ 1-2 times ☐ 3-4 times ☐ 5+ times

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Table S1: Full list of Adverse Events

Allocation	Event	Classification	Serious	Expected	Start Date	End Date	Grade	Related to Intervention	Action Taken
Control	Headache	Nervous System Disorders	No	No	18-Dec-21	19-Dec-21	1	Unlikely	None
Control	Abdominal Pain	Gastrointestinal Disorders	No	Yes	13-Dec-21	13-Dec-21	2	Probably	None
Control	Abdominal Pain	Gastrointestinal Disorders	No	Yes	13-Dec-21	13-Dec-21	1	Probably	None
Control	Vomiting	Gastrointestinal Disorders	No	Yes	27-Dec-21	27-Dec-21	1	Possible	None
Control	Ectopic Pregnancy	Pregnancy, Puerperium, and Perinatal Conditions	Yes	No	03-Mar-22	04-Mar-22	3	Unlikely	None
Control	Diarrhea	Gastrointestinal Disorders	No	Yes	07-Apr-22	16-Apr-22	2	Probably	None
Control	Nausea	Gastrointestinal Disorders	No	Yes	07-Apr-22	16-Apr-22	2	Probably	None
Treatment	Nausea	Gastrointestinal Disorders	No	Yes	21-Oct-21	21-Oct-21	1	Probably	None
Treatment	Heartburn	Gastrointestinal Disorders	No	No	21-Oct-21	12-Nov-21	1	Definite	None
Treatment	Bloating	Gastrointestinal Disorders	No	No	16-Nov-21	17-Nov-21	1	Probably	None
Treatment	Bloating	Gastrointestinal Disorders	No	No	16-Nov-21	16-Nov-21	1	Possible	None
Treatment	Nausea	Gastrointestinal Disorders	No	Yes	08-Dec-21	08-Dec-21	1	Possible	None
Treatment	Abdominal Pain	Gastrointestinal Disorders	No	Yes	02-Dec-21	02-Dec-21	1	Possible	None
Treatment	Nausea	Gastrointestinal Disorders	No	Yes	27-Dec-21	03-Jan-22	1	Possible	None

Seely D, *et al. BMJ Open* 2023; 13:e073761. doi: 10.1136/bmjopen-2023-073761

Treatment	Nausea	Gastrointestinal Disorders	No	Yes	24-Dec-21	24-Dec-21	1	Possible	None
Treatment	Abdominal Pain	Gastrointestinal Disorders	No	Yes	06-Jan-22	06-Jan-22	1	Probably	None
Treatment	Nausea	Gastrointestinal Disorders	No	Yes	12-Jan-22	12-Jan-22	1	Probably	None
Treatment	Nausea	Gastrointestinal Disorders	No	Yes	17-Jan-22	17-Jan-22	1	Probably	None
Treatment	Jaw Pain	Musculoskeletal and Connective Tissue Disorders	No	No	17-Jan-22	03-Feb-22	2	Unrelated	None
Treatment	Nausea	Gastrointestinal Disorders	No	Yes	26-Jan-22	29-Jan-22	1	Possible	None
Treatment	Dyspepsia	Gastrointestinal Disorders	No	Yes	18-Jan-22	01-Feb-22	1	Probably	None
Treatment	Epistaxis	Respiratory, Thoracic, and Mediastinal Disorders	No	No	05-Apr-22	05-Apr-22	1	Unlikely	None
Treatment	Nausea	Gastrointestinal Disorders	No	Yes	12-Apr-22	14-Apr-22	1	Probably	None

Adverse events were categorized using the Common Terminology for Criteria for Adverse Events, version 5.0. Adverse events were collected during the intervention period plus one additional week after stopping the investigational product. Adverse events were not collected if they were deemed normal symptoms of COVID-19, except if classified as gastrointestinal. Expected adverse events determined through literature review and clinical experience.