

Silicon and K1

SARS-CoV-2 is a facultative neuropathogenic viral infectious agent of the central nerve system. It attacks the endothelium, contributing to arteriosclerosis, with hypercholesterolemia a more secondary effect. 4 mg silicon daily derived of choline-stabilised orthosilicic acid ("ch-OSA") and 40 µg vitamin K1 daily are considered for COVID-19 cases, the latter only for those not otherwise restricted to phylloquinone intake owing to being on blood thinner prescriptions.

Henrik Dam and Edward Doisy did the original work on the discovery of K vitamin.

Mikhail Voronkov, Gunar Zelchan, and Edmunds Lukevitz, published on silicon loss in tuberculosis.

Кремний и жизнь. Биохимия, токсикология и фармакология соединений кремния.
АН ЛатвССР, Ин-т орган. синтеза. - 2-е изд., перераб. и доп. - Рига : Зинатне, 1978.