

## 2. ABSTRACT

The severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) virus, also known as the coronavirus disease (COVID-19), was discovered in Wuhan, China, in December 2019. On March 11, 2020, it was determined that there was a pandemic all over the world. As the world struggles with COVID-19 and an inability of clinically relevant medicines, attention has shifted to modalities that may aid in immune system bolstering. Pharmaceutical companies are working to develop targeted treatments and vaccines for the SARS-CoV-2 COVID-19 virus. This is due to the COVID-19 virus's significant impact on the immune system, which manifests itself in a variety of inflammatory reactions. A diet that provides a healthy balance of calories, nutrients, and other macronutrients could significantly aid in the prevention and management of chronic infectious illnesses. A healthy diet rich in vitamins A, C, D, and E, and certain micronutrients and zinc, selenium, copper, iron, and omega-3 fatty acids, may help with a variety of infectious disorders.

The goal of this study was to investigate and report on the latest discoveries regarding the use of vitamins and minerals in the treatment of COVID-19. A review of past research is conducted to identify the conclusions reached by other experts considering the beneficial effects of dietary components. Insufficiency of these minerals and nutrients in plasma concentration may result in a decrease in the immune system's excellent functioning, which is one of the ingredients that contribute to a bad immunological condition. Also, This is one of the elements that contribute to a weakened immune system. This paper provides a review of the literature on the characteristics of COVID-19, and data on the use of minerals and vitamins as preventative measures to reduce morbidity and mortality in COVID-19 patients.