

CHARLES UNIVERSITY
FACULTY OF PHARMACY IN HRADEC KRALOVE

Department: Biological and Medical Sciences

Master's degree program in Pharmacy

Opponent's review of Master's thesis

Student's name: Yina Yun

Mentor of the thesis:

Assoc. Prof. PharmDr. Miloslav Hronek, Ph.D.

Year of the thesis
defense: 2022

Opponent of the thesis: PharmDr. Petr Jílek, CSc.

Title of the thesis:

Roles of Nutritional factors against COVID-19

Formal comments: number of pages: 40, number of figures: 0, number of tables: 1, number of references: 118.

Type of work: Literature review

- a) The aim of the thesis is: Fulfilled
- b) Language and graphic level: Very good
- c) Processing of the theory: Excellent
- d) Methods description: Very good
- e) Results description: Not commented, Literature review thesis
- f) Discussion and conclusions: Very good

I recommend Diploma thesis for the recognition as Rigorous thesis .

Opponent's comments: The thesis provides an current brief overview of vitamins and micronutrients in relation to the disease COVID-19. Recent literature is processed. The text is easy to read, concise and informative. The chapters are balanced. The work is based on information about the described substances obtained in vitro and on analogies about the effect of these substances on other, covid-like viruses. At the time of writing, there were apparently no relevant clinical data available on the significance of the evaluated substances directly on covid.

The work uses good English, I only encountered a few typos: Lack instead of lack on p. 12, RA instead of VA on p. 13.

Matter of fact: Soda is probably not a sweetened drink (p. 13).

Questions:

1. On p. 15, you state that respiratory diseases can be prevented with 1-2 g of vitamin C per day. Can you estimate how much vitamin C is actually absorbed?

2. Much is known, and you mention it, about the importance of the lack of vitamins and trace elements for resistance to viruses. Is there evidence of positive effects of these substances at doses significantly higher than those normally recommended?

3. Which vitamin do you recommend to supplement in case of prevention or therapy of Covid?

Evaluation of Master's thesis: Very good

Recommendations for the thesis defense: Recommended

In Hradec Kralove 1.9. 2022

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Opponent's signature