

Graphical Abstract

Flavonoids, Potential Safe Therapy Against COVID-19

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Highlights

- Flavonoids showed potential inhibitory activity against Mpro, RBD of the S protein and RdRp of the virus in addition to the human ACE2 receptor and TMPRSS2.
- Flavonoids have an immunomodulatory activity via the inhibition of various pro-inflammatory cytokines and pathways involved in inflammatory reactions.
- Flavonoids can reduce the COVID-19 exacerbation via their significant effect on obesity.
- 300g parsley, 300g rocket and 420g of oranges per day is a safe preventive safe regimen against SARS-CoV-2.