THE EPOCH TIMES EPOCH HEALTH

Xylitol Nasal Spray Prevents SARS-CoV-2 Infection

PREMIUM COVID-19

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Feb 26 2023

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The sophisticated American consumer has grown accustomed to the gold standard for drug and health products—the prospective randomized, double-blind, placebo-controlled trial (RCT). Operation Warp Speed (OWS) was supposed to be a churning mill of large RCTs to help the nation understand what conclusively is effective in the prevention and treatment of COVID-19.

Unfortunately, after three years, OWS has delivered failed products (remdesivir, baricitinib, molnupiravir, COVID-19 vaccines) and small inconclusive trials of products that doctors have found effective in practice, including off-target generic antivirals and anticoagulants. OWS did not test simple, affordable, available prevention strategies. Fortunately, such RCTs were done outside of the United States and have brought us important findings.

Balmforth, et al., conducted a prospective double-blind, placebo-controlled trial of a xylitol-based nasal spray in the prevention of SARS-CoV-2 infection in exposed healthcare workers in two hospitals in Uttar Pradesh, India. Xylitol is known to have anti-infective and anti-inflammatory properties and is used in XLEAR nasal spray and anti-infective chewing gum to prevent dental caries.

Balmforth found that SARS-CoV-2 infection confirmed by serology was 71 percent lower with xylitol compared to placebo [36 cases (13.1 percent) vs. 97 cases (34.5 percent); odds ratio [OR] 0.29 (95 percent CI; 0.18–0.45), $p < 0.0001$]. Fewer clinical symptoms were also seen in the test group [57 cases (17.6 percent) vs. 112 cases (34.6 percent); OR 0.40, (95 percent CI; 0.27–0.59), $p < 0.0001$].

No harmful effects were associated with xylitol. A smaller study of xylitol nasal spray in mild COVID-19 cases demonstrated that persistent loss of smell may be eliminated with xylitol nasal spray during the acute congestion phase.

Journal of Clinical Virology 155 (2022) 105248

Contents lists available at ScienceDirect

Journal of Clinical Virology

journal homepage: www.elsevier.com/locate/jcv

Evaluating the efficacy and safety of a novel prophylactic nasal spray in the prevention of SARS-CoV-2 infection: A multi-centre, double blind, placebo-controlled, randomised trial.

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ARTICLE INFO

Keywords:
COVID-19
SARS-CoV-2
Prophylaxis
Clinical trial

ABSTRACT

Background The COVID-19 pandemic continues to devastate communities all over the world. The aim of this study was to evaluate the efficacy and safety of the test agent as a prophylaxis against SARS-CoV-2 infection in a population of high-risk healthcare workers.

Methods The study was a multi-centre, prospective, double blind, randomized, placebo-controlled trial. Key eligibility criteria included absence of significant co-morbidity and no previous SARS-CoV-2 infection or vaccination. Participants were randomised to either the active agent nasal spray or placebo using computer generated random number tables. The nasal spray was administered 3 times daily over a 45 day course. The primary end point was the percentage of subjects who tested positive for IgG8 (anti-spike, immunoglobulin G specific to the spike protein of SARS-CoV-2) at day 45.

Results Between 16th April 2021 and 26th July 2021, 556 participants were analysed for the primary endpoint (275 Test; 281 Placebo). The test agent significantly reduced SARS-CoV-2 infection compared to placebo [36 cases (13.1%) Vs 97 cases (34.5%); OR 0.29 (95% CI; 0.18–0.45), $p < 0.0001$]. Fewer clinical symptoms were also seen in the test group [57 cases (17.6%) vs 112 cases (34.6%); OR 0.40, (95% CI; 0.27–0.59), $p < 0.0001$]. No harmful effects were associated with taking the test agent.

Conclusion The test agent significantly reduced SARS-CoV-2 infection in healthcare workers, with 62% fewer infections when compared to placebo. It was found to be safe and well tolerated and offers a novel treatment option for prophylaxis against SARS-CoV-2 infection.

1. Introduction

Rapid advances have been made in vaccination against SARS-CoV-2 and in the treatment of COVID-19. However, the virus continues to infect and kill people all over the world [1]. Many low-income countries have difficulty obtaining vaccines or affording the more expensive

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https://doi.org/10.1016/j.jcv.2022.105248
Received 9 May 2022; Received in revised form 20 July 2022;
Available online 25 July 2022

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I have been impressed with the RCTs of topical nasal sprays and gargles in COVID-19 far more than those with oral or intravenous drugs. Xylitol available as XLEAR in U.S. pharmacies is one of several choices for local nasopharyngeal protection and treatment of COVID-19.

Reposted from Peter A. McCullough's Substack

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XLEAR Nasal Spray and Irrigation Website

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