

Supplemental Online Content

Thomas S, Patel D, Bittel B, et al. Effect of high-dose zinc and ascorbic acid supplementation vs usual care on symptom length and reduction among ambulatory patients with SARS-CoV-2 infection: the COVID A to Z randomized clinical trial. *JAMA Netw Open*. 2021;4(2):e210369. doi:10.1001/jamanetworkopen.2021.0369

eTable. Adverse Effects in the Study Population

This supplemental material has been provided by the authors to give readers additional information about their work.

eTable. Adverse Effects in the Study Population

Parameter n (%)	Total (N=196)	Standard of Care (N=46)	Ascorbic acid Only (N=43)	Zinc Only (N=54)	Ascorbic acid + Zinc (N=53)	P-value
Experienced Side Effect from Study Assigned Supplements within Past 7 days	44 (22.4)	0 (0.0)	17 (39.5)	10 (18.5)	17 (32.1)	<0.001
None	103 (52.6)	3 (6.5)	25 (58.1)	42 (77.8)	33 (62.3)	<0.001
Flushing or redness of skin	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	N/A
Headache	5 (2.6)	0 (0.0)	1 (2.3)	0 (0.0)	4 (7.5)	0.028 ^{EX}
Nausea	15 (7.7)	0 (0.0)	6 (14.0)	4 (7.4)	5 (9.4)	0.052 ^{EX}
Vomiting	2 (1.0)	0 (0.0)	1 (2.3)	1(1.9)	0 (0.0)	0.593 ^{EX}
Tingling	2 (1.0)	0 (0.0)	1 (2.3)	1(1.9)	0 (0.0)	0.593 ^{EX}
Numbness	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	N/A
Stomach pains/cramps	11 (5.6)	0 (0.0)	5 (11.6)	1(1.9)	5 (9.4)	0.021 ^{EX}
Diarrhea	15 (7.7)	0 (0.0)	7 (16.3)	4 (7.4)	4 (7.5)	0.027 ^{EX}
Dizziness/faintness	2 (1.0)	0 (0.0)	1 (2.3)	0 (0.0)	1 (1.9)	0.471 ^{EX}
Other	7 (3.6)	0 (0.0)	1 (2.3)	1(1.9)	5 (9.4)	0.055 ^{EX}

^{NP}=non-parametric test; ^{EX}=Exact test.