

Wondrous Roots, Inc.

*Rebecca L. Montrone, B.S.
Certified Holistic Health Practitioner, AADP
Nutrition, herbs & complementary therapies*

“...and if the root be holy, so are the branches...”

NUTRIENTS FOR COVID-19 PREVENTION & TREATMENT

VITAMIN D

[Evidence that Vitamin D Supplementation Could Reduce Risk of Influenza and COVID-19 Infections and Deaths](#) *To reduce the risk of infection, it is recommended that people at risk of influenza and/or COVID-19 consider taking 10,000 IU/d of vitamin D3 for a few weeks to rapidly raise 25(OH)D concentrations, followed by 5000 IU/d. The goal should be to raise 25(OH)D concentrations above 40-60 ng/mL (100-150 nmol/L). For treatment of people who become infected with COVID-19, higher vitamin D3 doses might be useful.*

[Does vitamin D deficiency increase the severity of COVID-19?](#) *Low vitamin D levels have been associated with an increase in inflammatory cytokines and a significantly increased risk of pneumonia and viral upper respiratory tract infections. Vitamin D deficiency is associated with an increase in thrombotic episodes, which are frequently observed in COVID-19. Vitamin D deficiency has been found to occur more frequently in patients with obesity and diabetes. These conditions are reported to carry a higher mortality in COVID-19. If vitamin D does in fact reduce the severity of COVID-19 in regard to pneumonia/ARDS, inflammation, inflammatory cytokines and thrombosis, it is our opinion that supplements would offer a relatively easy option to decrease the impact of the pandemic.*

[Vitamin D Deficiency and Outcome of COVID-19 Patients](#) *Our study demonstrates an association between VitD deficiency and severity/mortality of COVID-19, highlighting the need for interventional studies on Vit D supplementation in SARS-CoV-2 infected individuals.*

[Vitamin D and Inflammation: Potential Implications for Severity of Covid-19](#)

***Conclusions** Optimising vitamin D status to recommendations by national and international public health agencies will certainly have benefits for bone health and*

Wondrous Roots, Inc.

103 Roxbury Street, Suite 300
Keene, New Hampshire 03431
T. 603.439.2603

www.wondrousroots.org
rebecca@wondrousroots.org

potential benefits for Covid-19. There is a strong plausible biological hypothesis and evolving epidemiological data supporting a role for vitamin D in Covid-19.

MECHANISMS IN ENDOCRINOLOGY: Vitamin D and COVID-19 *The SARS-CoV-2 virus responsible for the COVID-19 pandemic has generated an explosion of interest both in the mechanisms of infection leading to dissemination and expression of this disease, and in potential risk factors that may have a mechanistic basis for disease propagation or control. Vitamin D has emerged as a factor that may be involved in these two areas. The focus of this article is to apply our current understanding of vitamin D as a facilitator of immunocompetence both with regard to innate and adaptive immunity and to consider how this may relate to COVID-19 disease. There are also intriguing potential links to vitamin D as a factor in the cytokine storm that portends some of the most serious consequences of SARS-CoV-2 infection, such as the acute respiratory distress syndrome. Moreover, cardiac and coagulopathic features of COVID-19 disease deserve attention as they may also be related to vitamin D. Finally, we review the current clinical data associating vitamin D with SARS-CoV-2 infection, a putative clinical link that at this time must still be considered hypothetical.*