

Vitamin D Does Reduce the Risk of Contracting COVID-19

New evidence recently published online in the September issue of *The Journal of the American Medical Association* showed that:

- individuals with a Vitamin D deficiency were nearly twice as likely to test positive for Covid-19 relative to their peers with adequate Vitamin D levels.

Lead author, David Meltzer MD PhD University of Chicago Medicine said,

- "Vitamin D is important to the function of the immune system and Vitamin D supplements have previously been shown to lower the risk of respiratory tract infections. We have learnt from medical reports that the Corona virus first enters our bodies by attaching to receptors in our lungs. If the attack is severe, ventilators are needed to supply oxygen to keep patients alive."



In another study from Israel, previously reported by Medscape Medical News, showed that:

- low Vitamin D plasma levels are an increased risk factor for Covid-19 infection and hospitalisation.

These studies support earlier evidence from observational data supplied by hospitals treating COVID-19 patients in China, France, Germany, Italy, Iran, South Korea and the UK, that showed mortality rates were lowest in those with higher levels of Vitamin D.

The take home message:

- Vitamin D is inexpensive. Everyone should be encouraged to take measures that will reduce the risk of Covid-19 infection by taking one 1,000 IU tablet of Vitamin D daily.

Geoff