

Vitamin D deficiency and COVID-19

Can vitamin D supplementation prevent complications of the coronavirus infection 2019 (COVID-19) infection?

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Abbreviation: Vitamin D deficiency increases the progression of COVID-19, and vitamin D deficiency is more common in older people with a BMI of 30 or more.

According to the National Institutes of Health and the World Health Organization, there are insufficient data

to recommend the use of vitamin D to prevent or treat the virus that causes COVID-19.

Several recent studies have reviewed the effects of vitamin D on COVID-19. One study involving 489 people found that

who had vitamin D deficiency, the test for the virus that causes COVID-19 was more positive than in people who had normal levels of vitamin D.

Other studies have shown severe vitamin D deficiency in people with COVID-19 who have experienced acute respiratory failure.

These people were at significantly higher risk of dying. A small, randomized study showed that of the 50 people hospitalized with COVID-19,

who received a high dose of vitamin D (calcifediol) required only one treatment in the intensive care unit. In contrast, among the 26 people

patients with COVID-19 who were not prescribed calcifediol 13 had to be treated in the intensive care unit.

In addition, vitamin D deficiency is common in the United States, especially among Spaniards and blacks. COVID-19 disproportionately affected these groups.

Vitamin D deficiency is also more common in the elderly, people with a body mass index of 30 or more (obesity) and people

who have high blood pressure (hypertension). These factors also increase the risk of severe symptoms of COVID-19.

However, in recent years, two randomized clinical trials investigating the effects of vitamin D supplements

had less promising results. In both studies, high doses of vitamin D were given to people

vitamin D deficient and severely ill with non-COVID-19. Vitamin D did not reduce their length of hospital stay or mortality compared with those taking placebo.

Further research is needed to determine the role that vitamin D and vitamin D deficiency may play in the prevention and treatment of COVID-19.

In the meantime, if you are deficient in vitamin D, talk to your doctor about whether a supplement may be right for you. If you are worried about vitamin D levels, talk to your doctor.

What preparations contain vitamin D: Orthomol Immun, Orthomol Arthroplus

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