

Vitamin D appears to reduce complications and lower probably of dying from coronavirus

Researchers from Trinity College Dublin are calling on the government in Ireland to change recommendations for vitamin D supplements.

A new publication ... highlights the association between vitamin D levels and mortality from COVID-19.

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This study [published in the Irish Medical Journal] shows that, counter intuitively, countries at lower latitude and typically sunny countries, such as Spain and Northern Italy, had low concentrations of vitamin D and high rates of vitamin D deficiency. These countries also experienced the highest infection and death rates in Europe.

The northern latitude countries of Norway, Finland, and Sweden, have higher vitamin D levels despite less UVB sunlight exposure, because supplementation and fortification of foods is more common. These Nordic countries have lower COVID-19 infection and death rates. The correlation between low vitamin D levels and death from COVID-19 is statistically significant.

The authors propose that, whereas optimizing vitamin D levels will certainly benefit bone and muscle health, the data suggests that it is also likely to reduce serious COVID-19 complications. This may be because vitamin D is important in regulation and suppression of the inflammatory cytokine response, which causes the severe consequences of COVID-19 and 'acute respiratory distress syndrome' associated with ventilation and death.

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