

### Vitamin D Decreases Risk of Infection and Serious Complications from COVID-19

#### QUOTE BOARD:

**Merzon et al. (July 2020) Low plasma 25(OH) vitamin D level is associated with increased risk of COVID-19 infection: an Israeli population-based study. FEBS Journal doi: 10.1111/FEBS.15495**

"In particular, the pronounced impact of vitamin D metabolites on the immune system response, and on the development of COVID-19 infection by the novel SARS CoV-2 virus, has been described. Vitamin D deficiency has been recognized as a worldwide pandemic."

"Univariate analysis demonstrated an association between low plasma 25(OH)D level and increased likelihood of COVID-19 infection, and of hospitalization due to the SARSCoV- 2 virus."

**"Conclusion:** Low plasma 25(OH)D level appears to be an independent risk factor for COVID-19 infection and hospitalization."

**Carpagnano et al. (August 2020) Vitamin D Deficiency as a predictor of poor prognosis in patients with acute respiratory failure due to COVID-19. Journal of Endocrinological Investigation**  
<https://doi.org/10.1007/s40618-020-01370-x>

"Hypovitaminosis D is a highly spread condition correlated with increased risk of respiratory tract infections. The world is in the grip of the Coronavirus disease 19 (COVID 19) pandemic. In these patients, cytokine storm is associated with disease severity. In consideration of the role of vitamin D in the immune system, aim of this study was to analyse vitamin D levels in patients with acute respiratory failure due to COVID-19 and to assess any correlations with disease severity and prognosis."

**"Conclusions:** High prevalence of hypovitaminosis D was found in COVID-19 patients with acute respiratory failure, treated in a RICU [respiratory intensive care unit]. Patients with severe vitamin D deficiency had a significantly higher mortality risk. Severe vitamin D deficiency may be a marker of poor prognosis in these patients, suggesting that adjunctive treatment might improve disease outcomes."

#### What You Need to Know:

Vitamin D deficiency is extremely common and is extremely dangerous, especially with respect to upper respiratory illnesses such as influenza, pneumonia, and Covid-19. Vitamin D is an essential nutrient that is required for the proper function of your immune system, particularly the immune cells required to fight off viral respiratory infections such as COVID-19.

Equally as important with respect to COVID-19, Vitamin D is required to regulate inflammation, in particular cytokine storm leading to acute respiratory distress syndrome which leads to acute respiratory failure and death in COVID-19 patients.

#### What You Need to Do:

You need to ensure you are supplementing with at least 4-5000 IUs of vitamin D daily - research clearly shows this is the amount needed for proper immune function and proper regulation of inflammation. You also need the proper synergistic amount of vitamin A and sufficient intake of Omega-3 fatty acids.

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