

Evidence that Vitamin D Supplementation Could Reduce Risk of Influenza and COVID-19 Infections and Deaths

Grant WB, et al. Nutrients. 2020 Apr 2; 12(4):988.

- Vitamin D can reduce risk of infections through several mechanisms as:-
 - Lowering viral replication rate (by inducing cathelicidins and defensins - anti-microbial proteins in humans which contribute to innate immunity).
 - Reducing concentrations of pro-inflammatory cytokines that produce the inflammation that injures the lining of the lungs, leading to pneumonia.
 - Increasing concentrations of anti-inflammatory cytokines.
- Several observational studies and clinical trials reported that vitamin D supplementation reduced the risk of influenza.
- Also, there is evidence supporting the role of vitamin D in reducing risk of COVID-19. For treatment of people who become infected with COVID-19, higher vitamin D3 doses might be useful.

In people at risk of influenza and /or COVID-19, it is recommended to rapidly raise 25(OH)D concentrations above 40-60 ng/mL.

