



Vitamin D and Covid-19

Based on Independent Scientific Studies:

- All high risk groups for Covid-19 are also high risk for D deficiency. These include people who do not get enough sun, darker skinned people, those with a BMI over 35, and the elderly.
- Sufficient vitamin D levels prevent most cases of severe illness and death from Covid-19 and many other infections.
- Serum 25(OH)D is the test; the level must be at least 30 ng/ml.
- Vitamin D levels should be corrected with D3 supplements.
- The dose depends on the individual, so testing must be done.
- According to CDC information, most of us are low in vitamin D.
- Our main source of D3 is made on our skin when exposed to the sun.
- Food is not a significant source, so supplements are usually needed.

- D3 is converted to an essential hormone that works on every cell in your body.
- D3 helps your immune system fight off Covid-19 and many other infections, and reduces your chance of some cancers, Type 2 Diabetes, autoimmune diseases, and heart disease.
- Supplements are inexpensive and widely available.
- There are rare cases of overdosing on D when very high doses are taken over a period of months. Testing is important to prevent this mistake.
- Few people cannot process D3 or are hypersensitive to it. It is still needed for your health, so if this is an issue, an endocrinologist should be consulted.
- A physician's pamphlet with referenced, science-based information and handouts are available at connieeash.com.

Note: This is not meant to replace recommendations for sanitation and personal protection, nor the recommendations of your physician. For more detailed information and references, please see connieeash.com or email: cneash@gmail.com
Prepared by Connie Eash, M.S.