

### Vitamin D Deficiency a Significant Risk Factor for COVID-19 in Children

Yilmaz & Sen. (2020) Is Vitamin D deficiency a risk factor for COVID-19 in Children? Pediatric Pulmonology 55:3595-3601

#### QUOTE BOARD:

"Vitamin D deficiency is a major public health problem in all age groups. In previous studies, vitamin D deficiency has been shown to increase respiratory infections risk including respiratory syncytial virus, tuberculosis and flu, and is a risk factor for acute respiratory distress syndrome (ARDS)."

"Vitamin D is a pluripotent hormone modulating the adaptive and innate immune response. The risk of infection by several mechanisms can be reduced by vitamin D. Vitamin D induces cathelicidins and defensins that can reduce the viral replication rate. In addition, it increases the concentrations of anti-inflammatory cytokines and decreases the concentration of proinflammatory cytokines that cause pneumonia and lung damage."

"We suggest that the relationship between fever and vitamin D deficiency [found in this study] may be related to the inflammatory process and cytokine release caused by the virus in the body."

#### What You Need to Know:

This study found a negative correlation or inverse relationship between vitamin D level and the level of fever in children; the higher the level of vitamin D, the lower the level of fever and vice-versa. 35% of the children with deficient vitamin D levels (below 20ng/ml) experienced fever compared to 0% or NONE of the children with sufficient vitamin D levels.

Further, in this study 24% of the children with low Vitamin D levels (below 20 ng/ml (50 nmol/L) had moderate COVID-19 symptoms, 7% had severe symptoms, and only 10% remained asymptomatic.

In the group of children with Vitamin D levels above 20 ng/ml only 18% had moderate symptoms, none had severe symptoms, and 46% remained asymptomatic.

#### What You Need to Do:

You need to ensure you, your children, your friends, and your friends' children, are supplementing with at least 1000 IUs of vitamin D per 40 lbs (18kg) of body weight, and synergistic amounts of Vit A, and sufficient amounts of omega-3 fatty acids every day.

As I have pointed out in many previous newsletters, omega-3 deficiency and vitamin A deficiency are also extremely dangerous.

Innate Choice® OmegaA+D Sufficiency™ contains the perfect amounts and synergistic combination of omega-3, Vitamin D, and Vitamin A. To order please ask your practitioner or go to [www.innatechoice.com](http://www.innatechoice.com).