

# CHIROPRACTIC & HEALTH

## A Natural Connection

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### *More Conclusive Research on Powerful Benefits of Vit D for Reducing Risk from COVID-19: Regardless of Vaccination Status!*

Borsche et al. (2021) COVID-19 Mortality Risk Correlates Inversely with Vitamin D3 Status, and a Mortality Rate Close to Zero Could Theoretically Be Achieved at 50ng/ml 25(OH)D3: Results of a Systematic Review and Meta-Analysis. *Nutrients* 13, 3596

#### QUOTE BOARD:

“A rapidly increasing number of publications are investigating the vitamin D3 status of SARS-CoV-2 patients and have confirmed both low vitamin D levels in cases of severe courses of infection and positive results of vitamin D3 treatments.”

“The most life-threatening events in the course of a SARS-CoV-2 infection are ARDS and cytokine release syndrome (CRS). It is well established that vitamin D3 is able to inhibit the underlying metabolic pathways [83,84] because a very specific interaction exists between the mechanism of SARS-CoV-2 infection and vitamin D3.”

“This result strengthens the hypothesis that a fatal outcome from COVID-19 infection, apart from other risk factors, is strongly dependent on the vitamin D status of the patient. The mathematical regressions suggested that the lower threshold for healthy vitamin D levels should lie at approximately 125 nmol/L or 50 ng/mL 25(OH)D3, which would save most lives, reducing the impact even for patients with various comorbidities.”

#### Key Concepts:

“Despite ongoing vaccinations, we recommend raising serum 25(OH)D [Vit D3] levels to above 50 ng/mL to prevent or mitigate new outbreaks due to escape mutations or decreasing antibody activity.”

“We have already learned that even fully vaccinated people can be infected. Thus, similar to other virus infections such as influenza, we have to expect that the effectiveness of vaccination is limited in time, especially with the current vaccines designed to trigger an immunological response against a single viral protein.”

#### Key Take Home Points:

Additionally, many recommendations for vitamin D3 supplementation are in the range of 5 to 20 µg per day (200 to 800 international units), which is much too low to guarantee the optimal blood level of 40–60 ng/mL [100-150 nmol/L].

To ensure you get the proper amount of Vit D please order the Innate Choice® COVID/FLU Supplementation Package from your practitioner or visit [www.eatwellmovewellthinkwell.com](http://www.eatwellmovewellthinkwell.com)

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