

# COVID-19 and Vitamin D

A graphic review of some of the new research

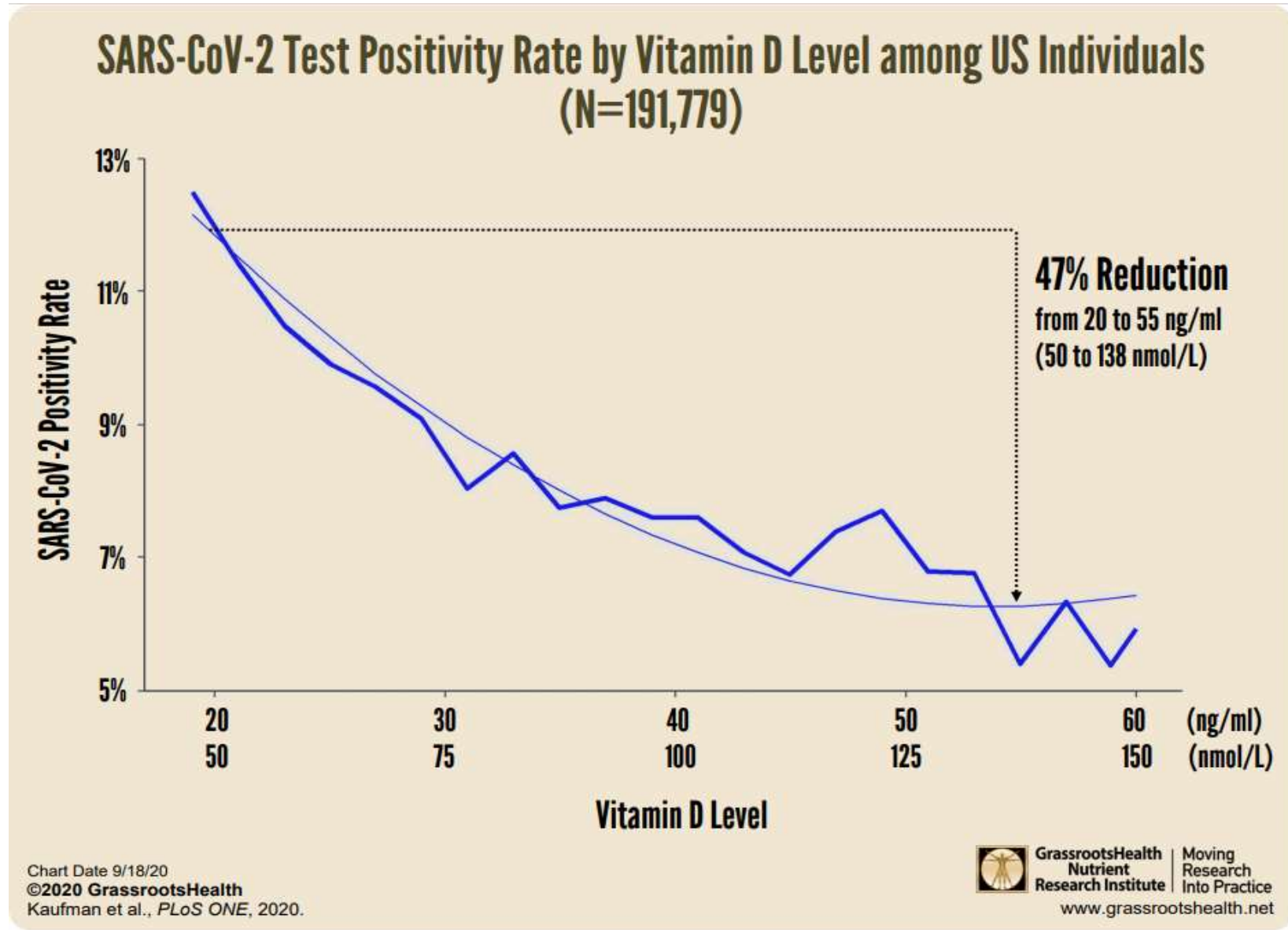
Presented by Paul Seaton

Feb 2, 2021

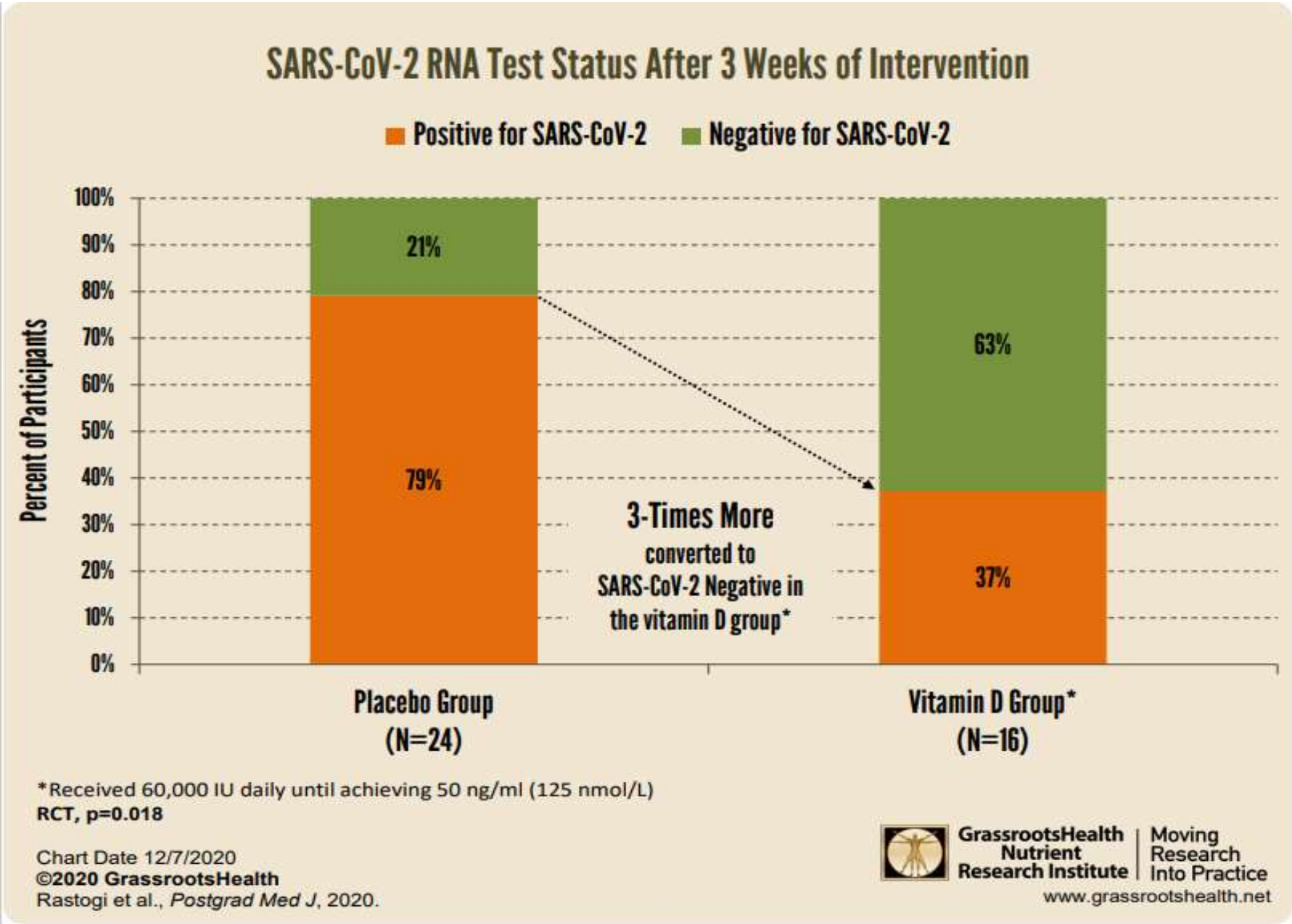
Good news: Increased Vitamin D levels have been shown to lower infection rates and the severity of COVID-19 disease.

Bad news: We face a challenge from the anticipated arrival of the more infectious UK variant.

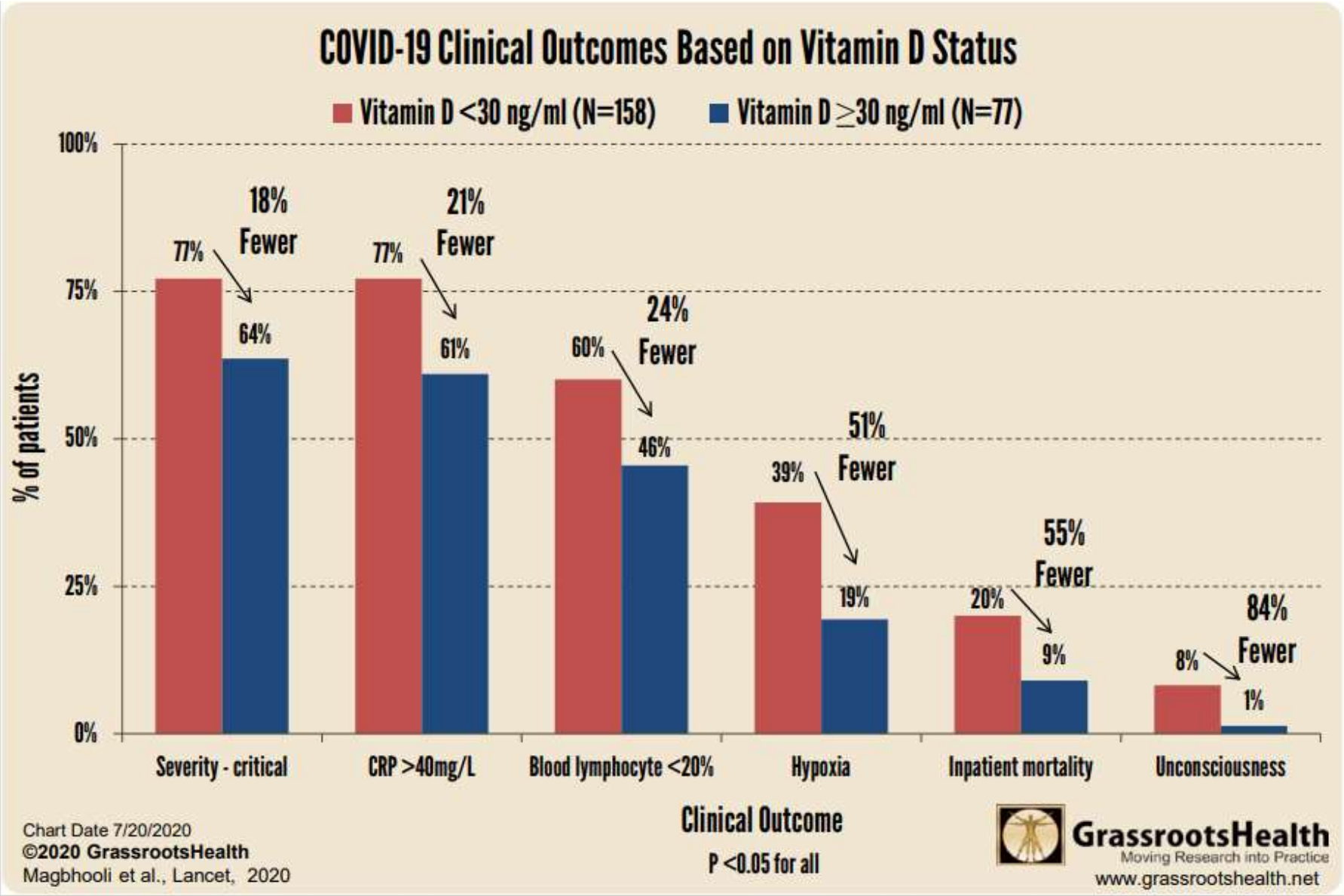
# Prevention of initial infection by Vitamin D Blood Level



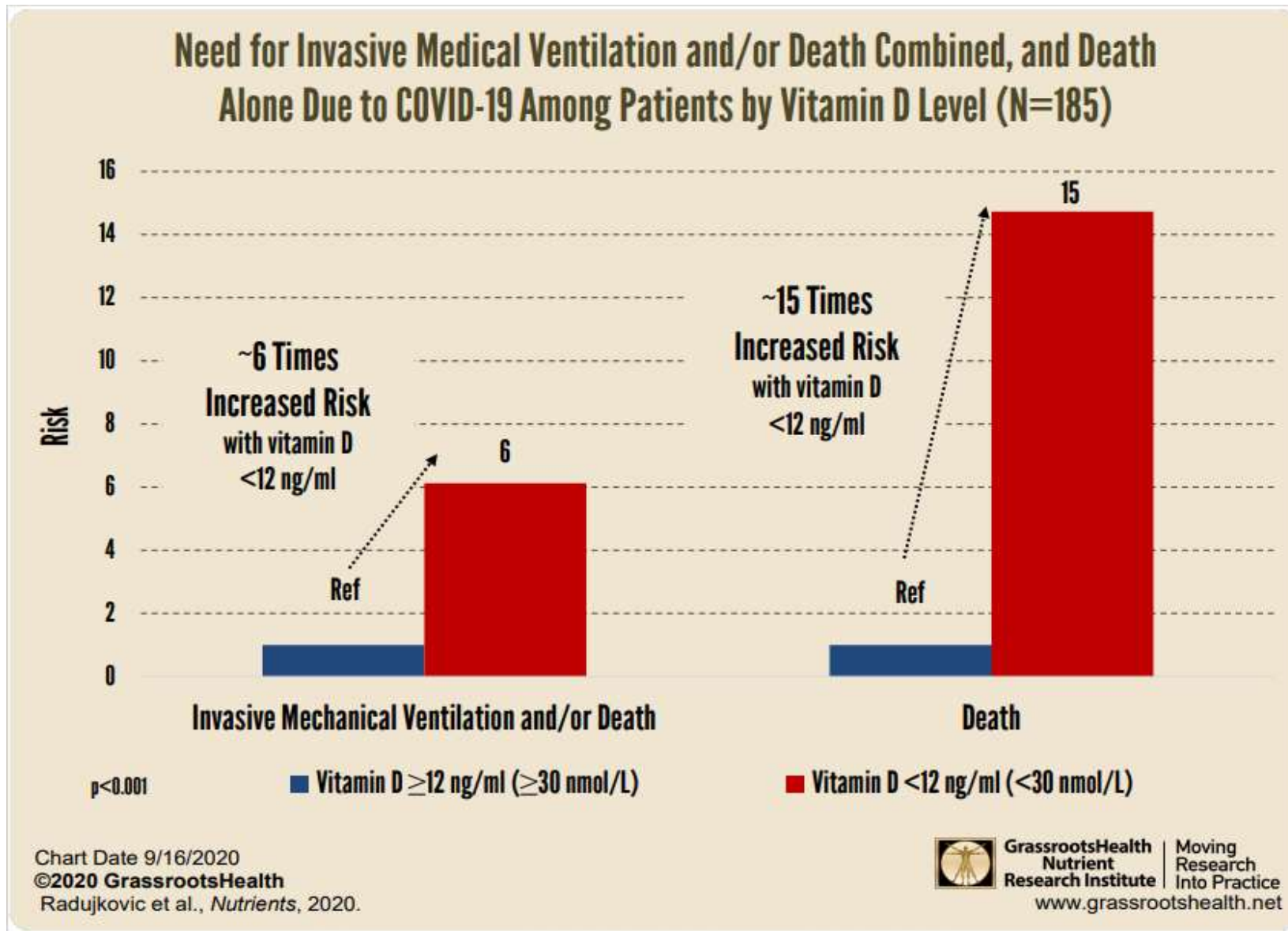
With vitamin D treatment 3 times as many patients were no longer infectious



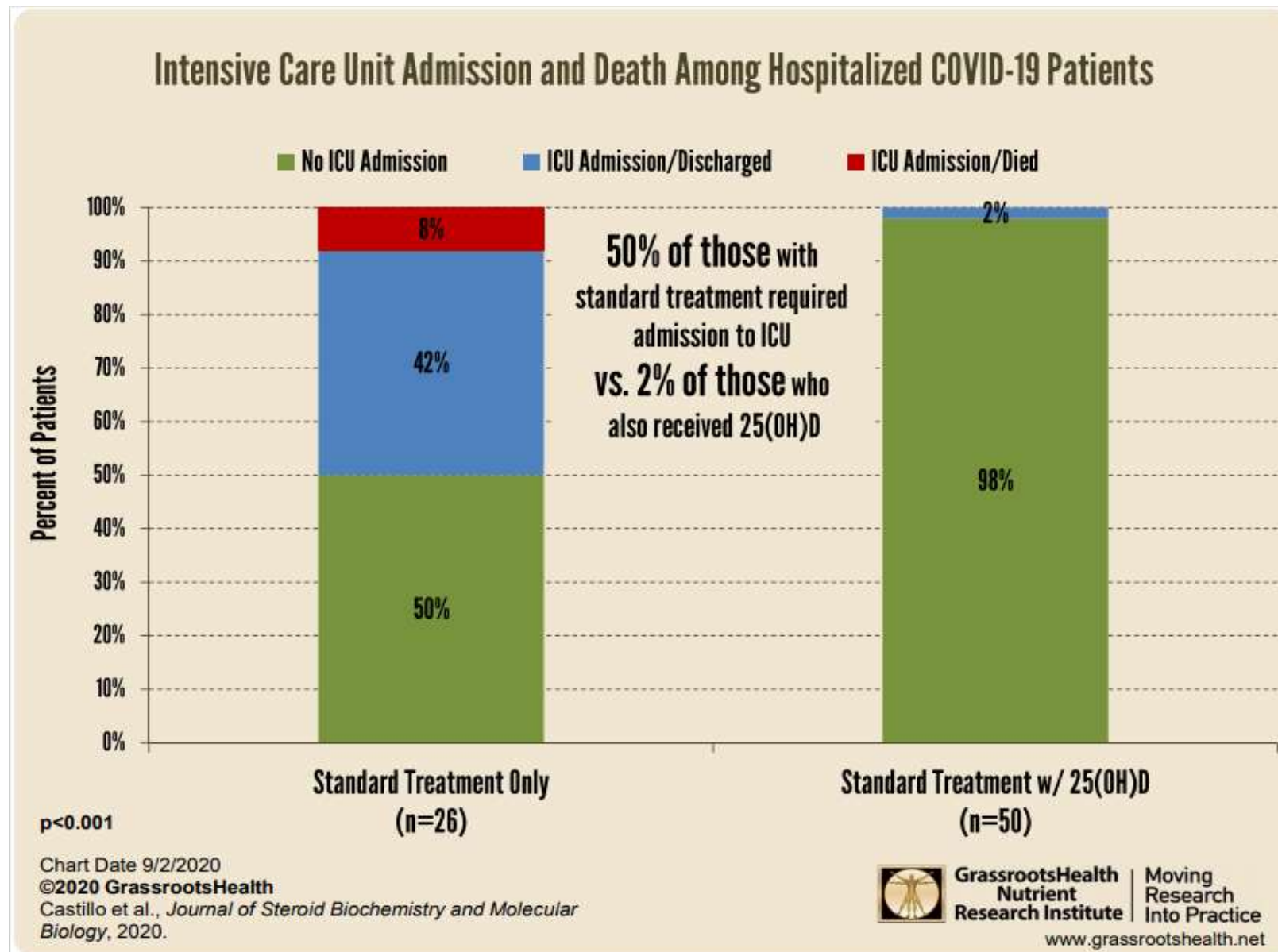
Most symptoms 20% – 80% better with vitamin D level above 30ng/ml



# Vitamin D severely deficient compared to above 30ng/ml



# RCT - Vit D as 25(OH)d = 60,000iu D3 dose on admission and day 3 and 7



# How do you like to get information?

- Summaries and analysis of research? [GrassrootsHealth.net](http://GrassrootsHealth.net) - A Public Health nonprofit that works to move research into Practice. Links to full papers are included. Select blog for topics. (GRH has an Open Clinical Trial on vitamin D supplementation and I am one of the 12,000 participants.)
- Videos presented by the researcher? Go to [VuMedi.com](http://VuMedi.com) in the index select search then type in Covid-19, Vitamin D (I suggest the 2-part MedCram medical lecture series of Dr. Seheult 12/28/2020)
- Preprint papers? Google the SSRN Electronic Library, [papers.ssrn.com](http://papers.ssrn.com) Search box Covid-19, Vitamin D. (I suggest title and abstract to start.)