

There is so much published now that indicates that the world's population is vitamin D 'deficient', as defined by our [Call to D\\*action as less than 40 ng/ml \(100-nmol/L\)](#). The **VitaminDforAll letter referenced below** is aimed at the states/government entities that can take action without participating in a 'research' project. YOU can take action for yourself and those you influence now by [becoming a participant](#) in the 'research' project.

## 185 Scientists, Doctors, & Leading Authorities Call For Increased Vitamin D Use To Combat COVID-19

<https://vitamind4all.org/letter.html>  
(2-page letter)

The [letter](#) was written and approved by 185 and counting of the world's top scientists and experts on vitamin D - 95 signatories are professors and over 100 are medical doctors. Signatories come from 29 different countries. Over half, or 63% (104 of the 164), take 4,000 IU of vitamin D or more per day.

How much vitamin D are you and those you care about getting on a daily basis? Are they getting enough? YOU are the leaders in this movement for change -- Please let us know at any time how we can help you with this task.

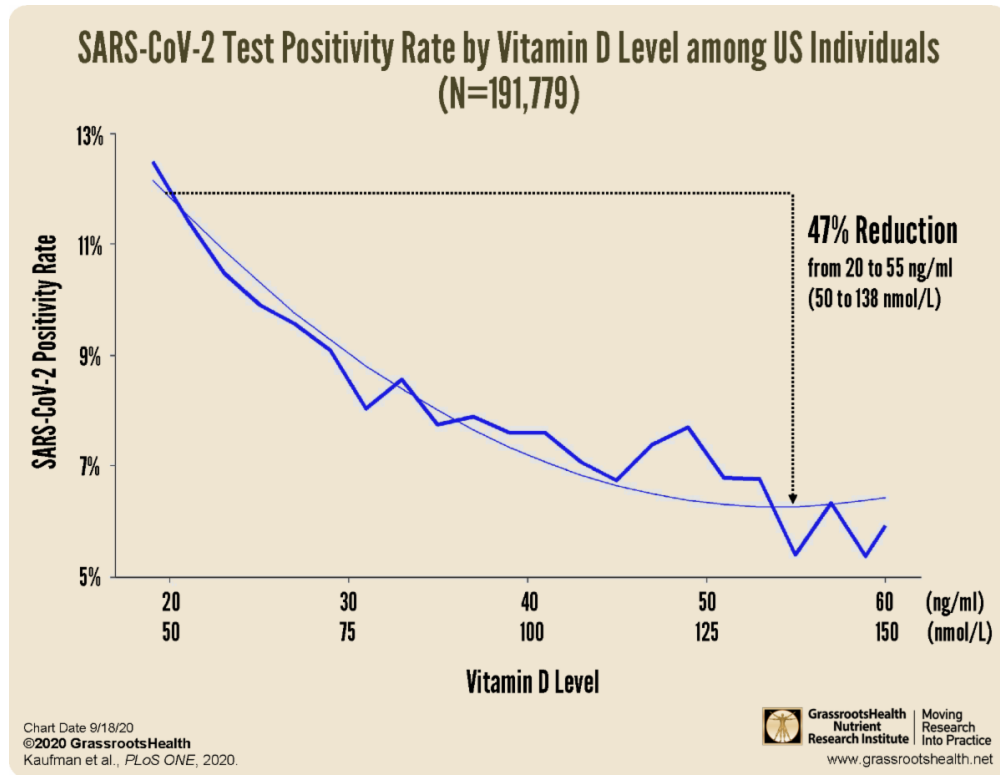


Onwards! Have a beautiful and HEALTHY day,  
**Carole Baggerly**  
*Director, GrassrootsHealth*  
A Public Health Promotion & Research Organization Moving  
Research Into Practice NOW!  
***Text-to-give: Text Daction to 44321***

### Summary: Vitamin D & COVID-19

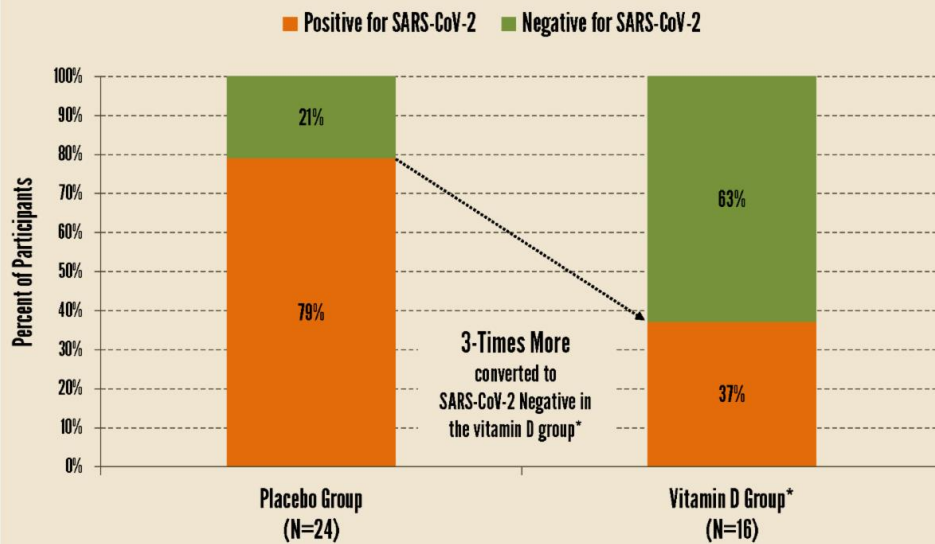
It's TIME to start saving lives! If you can help PREVENT the majority of the deaths, it's time! What's it costing you/us not to take action NOW?

There is much published research that supports a [clear link between vitamin D and COVID-19](#) showing that higher vitamin D levels are related to



a decreased risk of testing positive for COVID-19

### SARS-CoV-2 RNA Test Status After 3 Weeks of Intervention



\*Received 60,000 IU daily until achieving 50 ng/ml (125 nmol/L)  
RCT, p=0.018

Chart Date 12/7/2020  
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Rastogi et al., *Postgrad Med J*, 2020.

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increased viral SARS-CoV-2 RNA clearance in this RCT

### COVID-19 Clinical Outcomes Based on Vitamin D Status

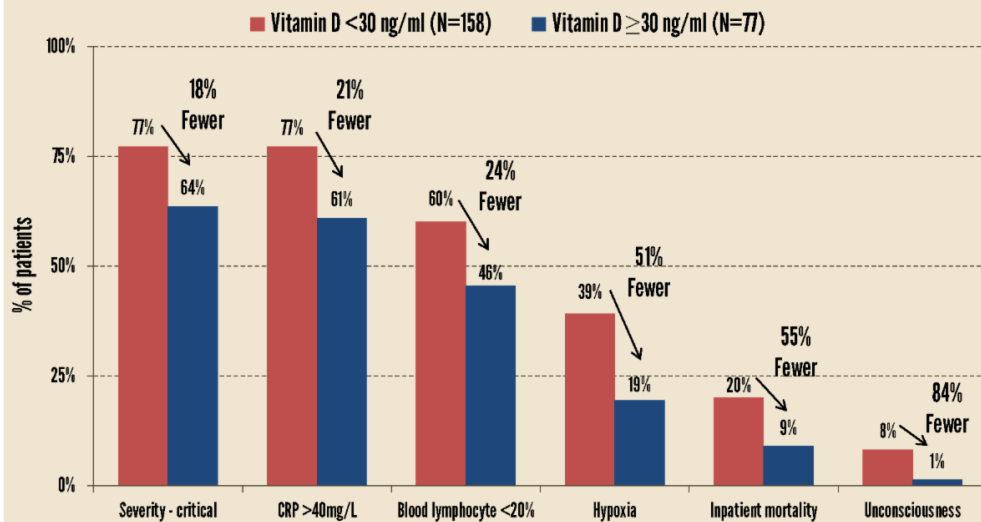
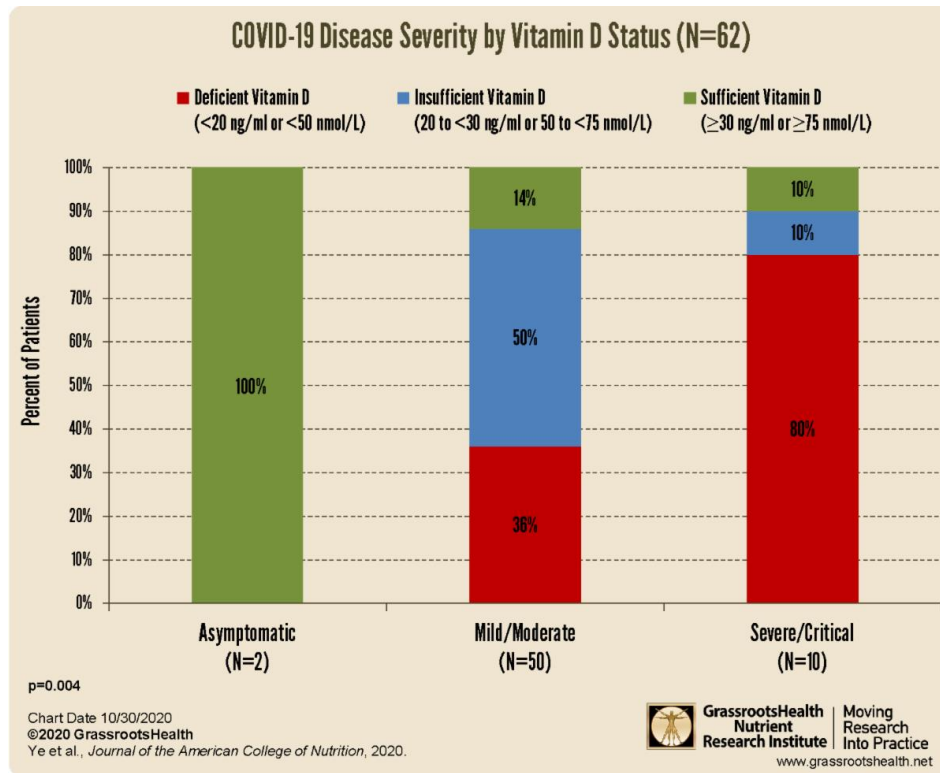


Chart Date 7/20/2020  
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Maghbooli et al., *Lancet*, 2020

Clinical Outcome  
P <0.05 for all

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better clinical outcomes among patients with COVID-19



less severe COVID-19 disease

### Need for Invasive Medical Ventilation and/or Death Combined, and Death Alone Due to COVID-19 Among Patients by Vitamin D Level (N=185)

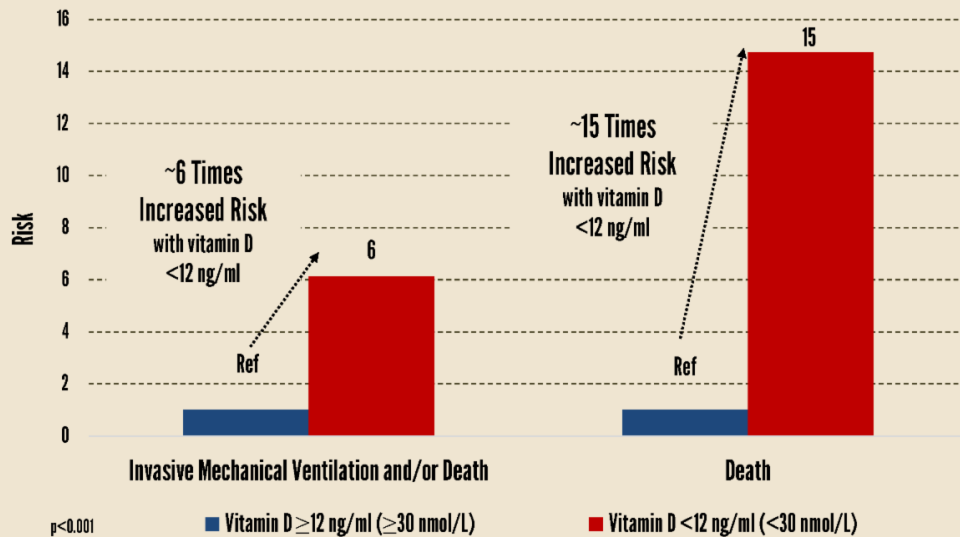


Chart Date 9/16/2020  
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Radujkovic et al., *Nutrients*, 2020.

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decreased risk of death due to COVID-19

**Everyone needs vitamin D!** Here's how to tell [how much you might need](#), and [who may need more](#) – people who are [overweight](#) or who have [darker skin](#) are among those at increased risk of deficiency.

50?  
40?  
20? 30?

## EVERYONE NEEDS VITAMIN D, BUT HOW MUCH?

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Everyone responds differently to vitamin D supplement amount - by up to 6 times! What is enough for one person may not be enough for you...

Recommended intakes for vitamin D are 400-800 IU/d from government agencies in US, Canada and UK, but to reach a target level of 40-60 ng/ml may take up to **ten times as much and taking 4000 IU a day is considered safe for every adult.**

### WHO MAY NEED MORE VITAMIN D AND WHEN?

- + people with dark skin
- + higher body weight (overweight and obese)
- + indoor and night-shift workers
- + cover body with clothing when outdoors
- + live north of 44°N latitude (north of Kansas) during winter months

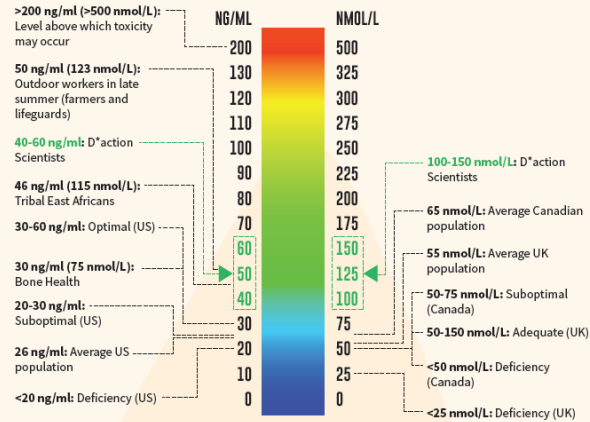
### WHAT CAUSES THE DIFFERENCE?

- + how much time you spend in the summer sun
- + genetics and age
- + digestion problems (such as irritable bowel syndrome)
- + medication (such as prednisone)
- + lack of co-factors such as magnesium, vitamin K2, calcium and vitamin C
- + taking supplements without a meal

**TESTING YOUR VITAMIN D BLOOD LEVEL [25(OH)D] IS THE ONLY WAY TO KNOW IF YOU ARE GETTING ENOUGH!**

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### STEP 1 MEASURE 25(OH)D TO KNOW WHETHER YOU NEED MORE



### STEP 2 DETERMINE SUPPLEMENTATION AMOUNT TO REACH TARGET BLOOD LEVEL OF AT LEAST 40-60 NG/ML (100-150 NMOL/L)

To see how much vitamin D to take each day to make sure your blood level will be right for you, see the dose calculator at [grassrootshhealth.net/dcalculator](http://grassrootshhealth.net/dcalculator).

### STEP 3 RETEST TO MAKE SURE YOUR LEVEL HAS ADJUSTED TO SUPPLEMENTATION (3-6 MONTHS)

Make sure you are responding to supplementation as expected.

[Click to Enlarge & Print](#)

Be sure to educate yourself on the benefits and importance of vitamin D for immune health, and take steps to ensure you and your loved ones are getting enough.

You can review all of the COVID-19 and immune health information we have shared [on this page](#).

**Ensure Vitamin D Levels of 40-60 ng/ml (100-150 nmol/L) for You, Your Children, Loved Ones**