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MEDIA RELEASE

VITAMIN D LEVELS FUNDAMENTAL TO COVID-19 RECOVERY

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- Study reveals casual relationship between low blood serum Vitamin D levels and increase Covid-19 mortality;
- Numerous other studies confirm similar relationship between higher Vitamin D levels and improved coronavirus recovery;
- General research confirms link between Vitamin D and improved immunity;
- Vitamin D is naturally produced by the body when exposed to sunlight;
- The impact of lockdown restrictions, which significantly restrict exposure to sunlight, will result in reduced natural production of Vitamin D, and therefore may lead to increased SARS-CoV-2 infection rates and mortality.

The Andrews Government and its health advisors continue to grossly over-react to the Covid-19 disease, persistently highlighting positive test numbers that clearly do not relate to increased mortality, actions that appear to be more related to engendering fear. Yet the Government fails to offer general positive advice to the public on how to improve natural immunity or recover from Covid-19. As no other Government or health authority appears to offer such guidance, PCS feels obliged to provide such positive health advice, where the advice is supported by the science.

A recent Indonesian study, currently under peer review, of 780 serious, hospitalised, Covid-19 patients, suffering with laboratory confirmed infection by SARS-CoV-2, confirmed a link between low patient serum Vitamin D levels and increased mortality. A summary of the findings are shown in the table below:

Serum Vitamin D level	Mortality Rate
< 20 ng/ml	98.9%
<21-29 ng/ml	87%
>30 ng/ml	4.1%

This study in itself would not provide definitive confirmation of the link between Vitamin D and infection recovery, if it was not supported by similar findings by many other researchers, including but not limited to studies by Gimenez et al, Grant et al, Ilie et al, Jimenez-Sousa et al, Lang et al, Beard et al, Cantorna, Biesalski, and 2017 studies by the University of Queen Mary, London. While a number of similar studies are underway to quantify the link, including Martineau et al, Mitchell, and in China, it can only be seen as beneficial to maintain recommended Vitamin D levels in the general population.

Adequate Vitamin D levels appear to improve natural immunity, is likely to speed recovery from viral infections and it may help save lives. If unable to secure recommended exposure to natural sunlight, consult with your health provider to confirm a suitable supplement dosage.

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