

VITAMIN D AND COVID FACT SHEET



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The below list of points on Vitamin D and COVID were compiled by Nature's Pantry from Dr. Cole's presentation at the Idaho State Capital Building on March 5, 2021.

You can watch Dr. Cole's 28 minute presentation here: <https://www.youtube.com/watch?v=oA-fTaGadyc>, and at the Nature's Pantry website: www.naturespantry.life.

- Vitamin D is the master key to our immune health.
- It is not a vitamin it is a pro hormone which regulates thousands of genes in our body.
- Approx. 2,000 genes in our body (5% of our genome) are controlled by vitamin D.
- Every cell in our body has a vitamin D receptor in the nucleus.
- A healthy immune system cannot exist without vitamin D within the normal range.
- Vitamin D deficiency is immune suppression/dysregulation.
- It should be called "low vitamin D season," not "cold and flu season."
- Above or below the 35th parallel WE CANNOT naturally make D for 4-5 months of fall and winter. D is synthesized by UVB rays from the sun through our skin. Sunscreen blocks D synthesis. You need 20 to 30 minutes of midday sun exposure in Spring and Summer in order to synthesize Vitamin D naturally.
- Vitamin D3 supplementation is critical for everyone from October through March (and the rest of the year for indoor workers).
- The further north you live, the darker your skin, the harder it is to synthesize Vitamin D and the higher your risk for COVID and many other diseases. There's a cool app called DMinder which reminds you when the best time to synthesize Vitamin D from the sun.
- Vitamin D deficiency is one of the highest COVID risk factors.
- Normal Vitamin D levels decrease COVID symptom severity and risk for hospitalization by up to 90%. There have been placebo controlled trials all around the world showing this.
- 80+% of all hospitalized COVID patients and 96% of COVID ICU patients are D deficient.
- A Vitamin D level of 50ng/ml (range 20-100), can help prevent a "cytokine storm" ("cytokine storms" are what are causing death with COVID).

- Normal D levels decrease clotting (COVID is a clotting disease).
- We have a Vitamin D deficiency pandemic. 70% of the world is vitamin D deficient. 70-80% of All Americans are vitamin D deficient.
- 82-88% of nursing home patients, 83% of African Americans, 70% of Latinos, 72% of Native Americans, 47% of Caucasians ARE VITAMIN D DEFICIENT.
- Vitamin D is very inexpensive. Approximately \$10 will buy four months' supply. *(This bullet point has been added by Nature's Pantry.)*
- Recommended dosage is 2,000 to 10,000 IU Vitamin D per day – lower end in summer and higher end in winter or if sick. Vitamin D blood-level tests are recommended twice per year. *(This bullet point has been added by Nature's Pantry.)*
- Many insurance companies will not pay for a D blood test.
- Obesity drastically decreases bioavailable D. 67% of Americans are obese.
- Normal D levels decrease colon, breast, thyroid, and other cancer rates, depression, and suicide rates.
- 80% of Americans are also Magnesium deficient (due to our poor diet, not chewing our food, and depleted soils). Magnesium is a critical cofactor for D function. Zinc is also a critical antiviral. 70% of Americans are Zinc deficient.
- The best mask is a healthy immune system. The virus is fragile and is inactivated by sunlight and ventilation.
- RDAs (Recommended Dietary Allowance) are woefully inadequate. Enough to sustain life, not to optimize health. The amount of D recommended is a drop of water in the ocean.
- Vitamin D should be health message #1 right now from the pulpits and physicians of every state. Unfortunately, most physicians don't seem to know how critical D is.
- In a November 2020 side-interview, Dr. Fauci said he takes 8,000 to 9,000 IU of Vitamin D per day.
- Public health officials have ignored this critical immune health message.
- What goes into our body does matter. A healthy diet and proper supplementation can strengthen our immune system and overall health. *(This bullet point has been added to by Nature's Pantry.)*
- What should the public health message be (every year not just for COVID)?
 - #1 Vitamin D
 - #2 Vitamin D
 - #3 Vitamin D
 - #4. Decrease societal obesity (cut sugar, processed foods carbohydrates, etc.) Obesity is an inflammatory condition and predisposes and causes countless diseases.

Dr. Cole goes on to talk about some effective outpatient therapeutic treatments, vaccines, and more in the second half of his presentation here: <https://www.youtube.com/watch?v=oA-fTaGadyc> (his presentation is the first 28 minutes of this video – the rest of the video covers other topics).