

VITAMIN D AND COVID FACT SHEET



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

- 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.
- 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.
- 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.
- 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.