

## **Another Study Shows Vitamin D Inhibits SARS-CoV-2 Replication**

Another study looking at how vitamin D levels in the body affect infection or disease severity with SARS-CoV-2, the virus that causes COVID-19, shows that vitamin D and albumin both play a role in the severity, progression and possible prevention of COVID-19.

In the latest study, published in July 2021, researchers enrolled 191 COVID patients and 203 healthy individuals and found that 84.4% of the patients were deficient in vitamin D as well as albumin. Albumin is a protein produced in the liver that helps carry vitamins through the blood.

A different study posted in July 2021 showed that active forms of vitamin D3 can inhibit replication and expansion of SARS-CoV-2. A third study, published in August 2021, showed that vitamin D levels strongly correlate with the severity and survivability of COVID-19.

In that study, researchers looked at several comorbidities besides vitamin D status and found that “among all variables, age, diabetes, hypertension and clinical severity were associated with worst outcome.”

With vitamin D levels, the outcomes were so compelling that study’s authors called them “statistically significant,” adding, “Vitamin D status appears to be strongly associated with COVID-19 clinical severity. After COVID-19 confirmation, Vitamin D level should be measured in all patients and curative plus preventive therapy should be initiated.”

### **SOURCES:**

[\*\*Archives of Microbiology July 30, 2021\*\*](#)

[\*\*Endocrinology and Metabolism July 27, 2021\*\*](#)

[\*\*Annals of Medicine and Surgery August 5, 2021\*\*](#)