



Citizens' Council for Health Freedom

Health Freedom Minute

March 10, 2023

Vitamin D Protected Against COVID ICU Admissions

Vitamin D to prevent COVID-19 or reduce symptoms was roundly dismissed by the media. In May 2020, CNN said Vitamin D's effect on Covid-19 may be exaggerated. And a 2022 study available on the NIH website expressed alarm over Vitamin D misinformation on YouTube, and alarm that doctors were the source of that misinformation.

It's been three years of critically-thinking clinicians advising people to get their Vitamin D levels up to 50 to boost the immune system against COVID-19. Now a study on the NIH website proves Vitamin D prevented ICU admissions of COVID-19 patients. How many patients could have been saved from the ICU if they'd been told Vitamin D might help?

“Protective Effect of Vitamin D Supplementation on COVID-19 Related Intensive Care Hospitalization and Mortality: Definitive Evidence from Meta-Analysis and Trial Sequential Analysis,” Christiano Argano et al, Pharmaceuticals (Basel), January 16, 2023: <https://bit.ly/3KtPEq9>

“COVID-19 and Vitamin D Misinformation on YouTube: Content Analysis,” Emma K Quinn, BHSc et al, JMIR Infodemiology, Jan – June 2022, Published online March 14, 2022: <https://bit.ly/3m3UVKE>

“Vitamin D's effect on Covid-19 may be exaggerated. Here's what we know,” Sandee LaMotte, CNN, May 27, 2020: <http://bit.ly/3lXnQ38>

Presented daily by Twila Brase, President and Co-founder
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