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Thread: [Everybody Check & Supplement Vitamin D3 Levels. Masterkey to our Immunity.](#)

Factor8™ - December 18, 2021, 12:00 am

I really cannot stress this enough. If all of us attain a level of 50 ng/mL 25(OH)D3+++ and more, Covid won't be able to hospitalise or kill you.

This article on Vitamin D is so important, relevant, immediately useful to us regarding the pandemic. I'd rather have the "bullet proof vest" of adequate vitamin D levels than the "vaccine vest" any day.

There is clear evidence that the lower your vitamin D level the greater your risk of dying from COVID infection. Moreover, the data clearly show that you need a blood level of at least 50 ng/mL. Vitamin D is an accurate predictor of COVID infection. Its deficiency is just as significant, and perhaps more so, than more commonly discussed underlying medical conditions, including obesity.

"COVID-19 Mortality Risk Correlates Inversely with Vitamin D3 Status, and a Mortality Rate Close to Zero Could Theoretically Be Achieved at 50 ng/mL 25(OH)D3: Results of a Systematic Review and Meta-Analysis

The German study noted: "The finding that most SARS-CoV-2 patients admitted to hospitals have vitamin D3 blood levels that are too low is unquestioned even by opponents of vitamin D supplementation." The German study "followed 1,601 hospitalized patients, 784 who had their vitamin D levels measured within a day after admission and 817 whose vitamin D levels were known before infection. And the researchers also analyzed the long-term average vitamin D3 levels documented for 19 countries. The observed median vitamin D value over all collected study cohorts was 23.2 ng/mL, which is clearly too low to work effectively against COVID."

Why does this vitamin work so well? The German study explained: A main cause of a severe reaction from COVID results from a "cytokine storm." This refers to the body's immune system releasing too many toxic cytokines as part of the inflammatory response to the virus. Vitamin D is a main regulator of those cells. A low level of the vitamin means a greater risk for a cytokine storm. This is especially pertinent for lung problems from COVID.

<https://www.mdpi.com/2072-6643/13/10/3596/htm>

<https://www.theblaze.com/op-ed/horowitz-studies-show-an-aggressive-vitamin-d-campaign-could-have-prevented-nearly-all-covid-deaths#toggle-gdpr>

Truth - December 18, 2021, 12:07 am

yeah I dont agree the gov should have this much control but they should have given free vit d tests

CinderGhoul - December 18, 2021, 3:30 am

I'm not a doctor, but Vitamin D is also responsible for stable mental health apparently from what I heard. A few years ago my aunt had developed severe mental issues, on diagnosis it was found that she had low Vitamin D, due to lack of sun rays in that country. Docs put her on medication and now she is much better.