

# Vitamin D for Prevention and Management of COVID

**Preventive/Maintenance** –adults typically benefit from **4,000iu to 10,000iu daily**.

One 5,000iu capsule daily would be a reasonable dose for the majority of adults.

**Children** would benefit from getting **2,000iu daily**.

Most think their Vitamin D levels are fine, but when blood levels are tested the majority become aware of their significantly inadequate Vitamin D status!

The laboratory **reference range** for Vitamin D blood levels is **30 to 100 ng/dl**.

Vitamin D **deficiency** is defined as a blood level **<20ng/dl**. Vitamin D **insufficiency** is defined as blood levels b/w **20 and 29 ng/dl**. Low Vitamin D levels are associated with increased risk for getting COVID, having more serious symptoms, ending up in the hospital, requiring critical care support, needing a ventilator and dying from COVID. **Goal for protection** from COVID is 40-100 ng/dl. **Optimal goal** is debatable but 60-80 ng/dl is advised by many experts.

Everyone should know their Vitamin D blood level. Order a blood spot, **at home, mail-in test** from [www.everlywell.com](http://www.everlywell.com) for under \$50.

**Fall & Winter** | Most adults benefit from 5,000iu daily but those with chronic health risk factors often do better on 10,000iu daily with intake adjusted once blood levels are optimized with retesting after 4 to 6 months.

**Spring & Summer** | Most adults benefit from 3,000iu to 5,000iu daily.

**If Infected or exposed** | Adults may use up to 50,000iu once or twice daily for 3 to 5 days starting at the first sign of symptoms. The formula that works for all age groups, including children, recommends up to 1,000iu Vitamin D per pound body weight per day for 3 days.

This natural Vitamin D supplementation protocol has the potential to significantly promote the activation of genes that stimulate the production of anti-microbial peptides and antiviral chemotherapeutic compounds thus speeding the healing process and lessening the risk of complications. As an example:

A 100-pound female notices symptoms of a cold, flu or COVID. She could take as much as 50 drops (100,000iu) of vitamin D daily for three days. However, most adults who are experiencing respiratory infections may benefit greatly from simply taking 25 drops/ 50,000iu (at 2,000IU per drop) twice daily for three to five days and then resume their maintenance dose.

## Vitamin D3 drops – Liquid D3

- At first sign of cold, flu or COVID take 1 full dropper or 25 drops (50,000iu) of Liquid D3. If using 5,000iu capsules, take 10 capsules all at once to equal 50,000iu.
- Depending on severity of symptoms an adult may take the 50,000iu dose one or two times a day for 3 to 5 days only. This is only for a few days and then resume the normal daily dose of 4,000 to 10,000iu daily.

According to Dr. Robert Heaney, Professor of Medicine at Creighton University and a world authority on clinical uses of Vitamin D, Children should be taking a minimum of 2,000iu of D3 daily while most adults need an average of 4,000iu daily. For a more comprehensive protocol of natural strategies see [www.DrYoungberg.com](http://www.DrYoungberg.com).

**Provided for educational purposes by the Youngberg Lifestyle Medicine Clinic; updated 11/20/2020.**

**Always work closely with your medical professional if exposed or infected with COVID.**