

Fig 3. Mortality rate by country as compared to its average vitamin D level. All three graphs are taken from: 'How We Can Fix This Pandemic in a Month' by Dr Damien Downing, *Orthomolecular Medicine News Service*, 22 June, 2020: www.orthomolecular.org/resources/omns/v16n34.shtml

deaths from Covid-19 infections occur in the black communities and in those elderly who are institutionalised. These two populations historically have demonstrated the most severe degrees of vitamin

D deficiency. While adults and children would benefit from vitamin D supplementation, it is critical for black-skinned people and the elderly, especially those confined to nursing homes.

Professor Michael Holick endorses supplementation levels

In his latest study, Prof Michael Holick, at Boston University, who in the 70s discovered the active form of vitamin D (a 'steroid pro-hormone' that activates over 1,000 genes) and has nearly 700 published papers to his name, endorses the same supplementation dosage advocated by Dr Rulewski.

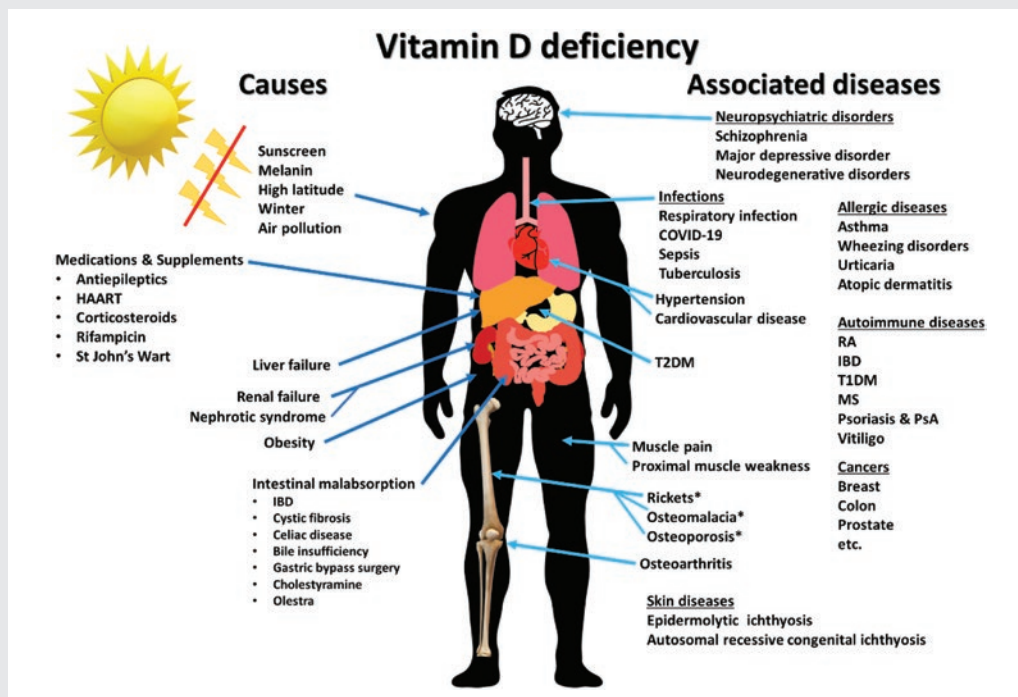


Fig 4. Summary of causes of vitamin D deficiency and diseases and disorders associated with vitamin D deficiency. HARRT: highly active antiretroviral therapy; IBD: inflammatory bowel diseases; MS: multiple sclerosis; PsA: psoriatic arthritis; T1DM/T2DM: type 1/2 diabetes mellitus; RA: rheumatoid arthritis. Reproduced with permission from: Chareongnam N, Holick MF, Immunologic effects of vitamin D on human health and disease, *Nutrients* 2020;12(7):2097; <https://doi.org/10.3390/nu12072097> * denotes diseases that are direct consequences of vitamin D deficiency. See also special issue on vitamin D: tinyurl.com/y2uwwa42.

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British-born Dr Nigel Rulewski, MD, runs *Natural Products Corp* in Dover, Delaware, USA. After spending over 25 years in the pharmaceutical industry as a chief medical officer, his interest in using vitamin D led him to develop a micro-capsule formulation of vitamin D (www.vitaminD3world.com).