

# Over 200 scientists and doctors call for increased vitamin D use to combat Covid-19

An Open Letter to world governments, currently signed by over 215 leading scientists and doctors, calling for increased vitamin D use to combat Covid-19, was launched just before Christmas in the UK and USA.

The organising signatory in the UK was Dr Gareth Davies, PhD, based in London, and in the USA, Dr Karl Pflieger, PhD, based in San Francisco, whose qualifications, together with those of a sample of the current 215 signato-

ries to the Letter, are listed below. Each indicates how much vitamin D they take daily and what they recommend.

The full list can be seen on their website (<https://vitamindforall.org/letter.html>) which also lists the main evidence behind their Letter. Vitamin D modulates thousands of genes and many aspects of immune function, both innate and adaptive. The medical evidence shows that:

- Higher vitamin D blood levels are

associated with lower rates of SARS-CoV-2 infection. • Higher D levels are associated with lower risk of a severe case (hospitalisation, ICU or death).

- Intervention studies (including RCTs) indicate that vitamin D can be a very effective treatment. • Many papers reveal several biological mechanisms by which vitamin D influences Covid-19.

Readers are encouraged to make both their GPs and MPs aware of this Open Letter, now submitted for publication.

Signatories to date (215) UK signatories in orange	recom- mended intake IU	personal daily intake IU		
<b>Dr Karl Pflieger</b> , PhD AI & Computer Science, Stanford. Former Google Data Scientist. Biotechnology Investor, AgingBiotech.info, San Francisco, CA, USA. (organizing signatory)	4000	6000		
<b>Dr Gareth Davies</b> , PhD Medical Physics, Imperial College, London, UK. Codex World's Top 50 Innovator 2019. Independent Researcher. Lead author of Evidence Supports a Causal Role for Vitamin D Status in COVID-19 Outcomes. (organizing signatory)	4000	5000		
<b>Dr Bruce W Hollis</b> , PhD. Professor of Pediatrics, Medical University of South Carolina, USA.	4000	6000		
<b>Dr Barbara J Boucher</b> , MD, FRCP (London). Honorary Professor (Medicine), Blizard Institute, Bart's & The London School of Medicine and Dentistry, Queen Mary University of London, UK. (significantly contributing signatory)	4000	2000		
<b>Dr Ashley Grossman</b> , MD, FRCP, FMedSci. Emeritus Professor of Endocrinology, University of Oxford, UK. Professor of Neuroendocrinology, Barts and the London School of Medicine. 2020 Endocrine Society Laureate Award.	2000	2200		
<b>Dr Gerry Schwalfenberg</b> , MD, CCFP, FCFP. Assistant Clinical Professor in Family Medicine, University of Alberta, Canada.	4000	5000		
<b>Dr Giovanna Muscogiuri</b> , MD, PhD. Associate Editor, European Journal of Clinical Nutrition. Section of Endocrinology, Department of Clinical Medicine and Surgery, Federico II University, Naples, Italy.	4000	1000		
<b>Dr Michael F Holick</b> , PhD, MD. Professor Medicine, Physiology and Biophysics and Molecular Medicine, Director Vitamin D, Skin and Bone Research Laboratory, Boston University Medical Center, USA. Disclosure: Consultant Biogena and speaker's Bureau Abbott Inc.	4000	6000		
<b>Dr John Umhau</b> , MD, MPH, CDR, USPHS (ret). President, Academy of Medicine of Washington, DC, USA. Ex-NIH: co-author of the first peer-reviewed report linking vitamin D deficiency with acute respiratory infection. (significantly contributing signatory)	4000	5000		
<b>Dr Pawel Pludowski</b> , MD, dr hab. Associate Professor, Biochemistry, Radioimmunology and Experimental Medicine, Children's Memorial Health Institute, Warsaw, Poland. Chair, European Vitamin D Association (EVIDAS)	4000	2000		
<b>Dr Chris Newton</b> , PhD. Research director, Centre for Immuno-Metabolism, Microbiome and Bio-energetic Research (CIMMBER), UK.	4000	4000		
<b>Dr Cedric F Garland</b> , DrPH. Professor Emeritus, Department of Family Medicine and Public Health, University of California, San Diego, USA.	4000	6000		
<b>Dr Jose M Benlloch</b> , Professor, Director of the Institute for Instrumentation on Molecular Imaging, CSIC-UPV, Valencia, Spain.	2000	3000		
<b>Dr Samantha Kimball</b> , PhD, MLT. Professor, St. Mary's University, Calgary, Alberta, Canada. Research Director, GrassrootsHealth Nutrient Research Institute [non-profit]. (significantly contributing signatory)	4000	6000		
<b>Dr Damien Downing</b> , MBBS MRSB. President, British Society for Ecological Medicine, UK.	4000	8000		
<b>Dr William B Grant</b> , PhD Physics, U. of California, Berkeley. Director at Sunlight, Nutrition, and Health Research Center [non-profit], San Francisco, CA, USA. Disclosure: Receives funding from Bio-Tech Pharmacal, Inc.	4000	5300		
<b>Dr Carol L Wagner</b> , MD. Professor, Medical University of South Carolina, USA.	4000	5000		
<b>Dr Paul Marik, MD, FCCP, FCCM</b> . Chief of Pulmonary and Critical Care Medicine and Professor of Medicine, Eastern Virginia Medical School, Norfolk, VA, USA.	2000	2000		
<b>Dr Morry Silberstein</b> , MD. Associate Professor, Curtin University, Australia.	4000			
<b>Dr Vatsal Thakkar</b> , MD. Founder, Reimbursify, NY, USA. Former faculty, NYU and Vanderbilt. Op-Ed writer on Vitamin D and COVID-19. (significantly contributing signatory)	4000	10,000		
<b>Dr Peter H Cobbald</b> , PhD. Emeritus Professor, Cell Biology, University of Liverpool, UK.	4000	4000		
<b>Dr Afrozul Haq</b> , PhD. Professor Dept of Food Technology, Jamia Hamdard University, New Delhi, India.	4000	2000		
<b>Dr Barry H Thompson</b> , MD, FAAP, FACMG. Clinical Associate Professor (Pediatrics), Uniformed Services University of the Health Sciences, Bethesda, MD, USA.	4000	5000		
<b>Dr Reinhold Vieth</b> , PhD, FCACB. Professor, Departments of Nutritional Sciences and Laboratory Medicine & Pathobiology, University of Toronto, Canada. Director (retired), Bone and Mineral Group Laboratory, Mt Sinai Hospital. Disclosure: Receives patent royalties from D drops (an infant vitamin D supplement).	4000	4000		
<b>Dr Linda Benskin</b> , PhD, RN, SRN(Ghana), CWCN, CWS, DAPWCA. Independent Researcher for Tropical Developing Countries and Ferris Mfg. Corp, Texas, USA. (significantly contributing signatory)	4000	4000		
<b>Jim O'Neill</b> , CEO, SENS Research Foundation. Former principal associate deputy secretary of Health and Human Services, USA.	4000	6000		
<b>Dr Eric Feigl-Ding</b> , PhD. Epidemiologist & Health Economist. Senior Fellow, Federation of American Scientists. USA.	4000	5000		
<b>Rt Hon David Davis</b> MP, Member of British Parliament, BSc Joint Hons Molecular Science / Computer Science, Warwick University, UK.	4000	6000		
<b>Dr Susan J Whiting</b> , PhD. Professor Emerita, University of Saskatchewan, Canada.	4000	4000		
<b>Dr Richard Mazess</b> . PhD. Emeritus Professor, University of Wisconsin, Madison, USA.	4000	5000		
<b>Dr Helga Rhein</b> , MD (retired). Sighthill Health Centre, Edinburgh, UK (significantly contributing signatory)	4000	3500		
<b>Dr Andrea Doeschl-Wilson</b> , PhD. Professor of Infectious Disease Genetics and Modelling, The Roslin Institute, University of Edinburgh, UK.	2000			
<b>Dr Ute-Christiane Meier, Dr med habil</b> , PhD (Oxon), Dipl-Biol. Visiting lecturer, Institute of Psychiatry, Psychology & Neuroscience, King's College, London, UK and Privatdozentin, Ludwig Maximilian University of Munich, Germany.	4000	2500		
<b>Dr Luigi Gennari</b> , MD, PhD. Full Professor, Internal Medicine, Department of Medicine, Surgery and Neurosciences, University of Siena, Siena, Italy.	4000	3500		
<b>Dr Ased Ali</b> , MBChB, PhD, FRCS. Consultant Urological Surgeon, Mid-Yorkshire Hospitals NHS Trust, UK.	4000	8000		
<b>Dr Pavel Kocovsky</b> , PhD, DSc, FRSE, FRSC. Professor Charles University, Prague, and Czech Academy of Sciences, Czech Republic.	4000	6000		
<b>Dr Ace Lipson</b> , MD. Endocrinologist. Clinical Professor, George Washington University, Washington, DC, USA.	4000	2000		
<b>Dr Attila R Garami</b> , MD, PhD, Multidisciplinary Medical Sciences. Senior Biomarker Consultant, Switzerland.	4000	2500		
<b>Dr David S Grimes</b> , MD (retired), FRCP, University of Manchester, UK.	4000	4000		
<b>Dr Larry Callahan</b> , PhD. Chemist, FDA, Maryland, USA.	2000	3000		
<b>Dr Jeanne M Marconi</b> , MD, Pediatrics. Vice President of PM Pediatrics, New York, USA.	4000	5000		
<b>Dr Spiros Karras</b> , MD. Endocrinologist, Department of Endocrinology and Metabolism-Diabetes Center, 1st Department of Internal Medicine, AHEPA University Hospital, Thessaloniki, Greece.	2000	2000		
<b>Dr Joanna Byers</b> , MBChB, University of Birmingham, UK.	4000	5000		

<b>Dr Jaimin Bhatt</b> , MBChB, MMed(Surgery), FRCS(Urol), FEBU. Consultant Urological Surgeon, Queen Elizabeth University Hospital, NHS Greater Glasgow and Clyde, UK.	4000	2000	<b>Dr Giancarlo Isaia</b> , Full Professor, University of Turin. President of the Academy of Medicine of Turin, Italy.	2000	
<b>Dr Christiane Northrup</b> , MD. Obstetrician/gynecologist. Best-selling author. USA.	4000	7500	<b>Dr Susanne Bejerot</b> , Professor, Örebro University, Sweden.	2000	3000
<b>Dr Jörg Spitz</b> , Dr med. Academy of Human Medicine, Schlangenbad, Germany.	4000	10,000	<b>Dr Antonio D'Avolio</b> , Professor of Pharmacology, University of Turin, Italy.	4000	4000
<b>Dr Naghmeh Mirhosseini</b> , MD, PhD, MPH. Research Associate, School of Public Health, University of Saskatchewan, Canada.	4000	5000	<b>Dr Gustavo Duque</b> , MD PhD FRACP FGSA. Chair of Medicine & Director of the Australian Institute for Musculoskeletal Science. The University of Melbourne and Western Health, Melbourne, Australia.	2000	
<b>Dr Iacopo Chiodini</b> , Associate Professor of Endocrinology, Dept. of Medical Biotechnology and Translational Medicine, University of Milan, Milan, Italy. Head, Unit for Bone Metabolism Diseases and Diabetes, Istituto Auxologico Italiano, IRCCS, Milan, Italy.	4000	3500	<b>Dr Giovanni Passeri</b> , Associate Professor, Internal Medicine, Dep. of Medicine and Surgery, University of Parma, Parma, Italy.	4000	4000
<b>Dr David C Anderson</b> , MD, MSc, FRCP, FRCPE, FRCPath. Retired Physician and Endocrinologist, Former Professor of Endocrinology, Manchester University, UK and Professor of Medicine, The Chinese University of Hong Kong.	4000	4000	<b>Dr Aida Santaolalla</b> , PhD. Senior Data Scientist, Cancer Epidemiology, King's College London, UK.	2000	2000
<b>Dr Patricia S Latham</b> , MD, EdD. Professor of Pathology & Medicine, George Washington University School of Medicine and Health Sciences, Washington, DC, USA.	2000	2000	<b>Dr Pankaj Kapahi</b> , Professor, Buck Institute for Research on Aging, Novato, California, USA.	4000	
<b>Dr Teresa Fuller</b> , MD, PhD. Pediatrician, Owings Mills, MD, USA.	4000	5000	<b>Dr Giuseppe Poli</b> , Emeritus Professor of General Pathology, University of Turin, Italy.	2000	2000
<b>Dr Omar Wasow</b> , PhD, Harvard. Assistant Professor, Politics, Princeton University, NJ, USA.	4000	4000	<b>Dr Patrick McCullough</b> , MD. Chief of Medical Services, Summit Behavioral Healthcare, Cincinnati, Ohio USA.	4000	50,000
<b>Dr Fabio Vescini</b> , MD, PhD. Endocrinology and Metabolism Unit, University-Hospital S. Maria della Misericordia, Italy.	2000	2000	<b>Dr Prashanth Kulkarni</b> , MD DM FSCAI FACC. Consultant Cardiologist, Hyderabad, India.	4000	4000
<b>Dr Emily Grossman</b> , PhD, Molecular Biology, University of Manchester, UK. Science author, broadcaster and educator.	4000	4000	<b>Dr Klaus Badenhop</b> , MD PhD. Professor, Division of Endocrinology & Diabetes, Department of Internal Medicine, Goethe-University Hospital, Frankfurt am Main, Germany.	4000	4000
<b>Dr David Carman</b> , MBChB, University of Cape Town, South Africa.	4000	3000	<b>Dr Keshav Singhal</b> , FRCS MS(orth) M.Ch(orth). Professor, Consultant Orthopaedic Surgeon. Chair British Association of Physicians of Indian Origin (BAPIO), Wales. Council Member & Trustee, Swansea University. Fellow of Learned Society of Wales, UK.	4000	4000
<b>Dr Kalliopi Kotsa</b> , Professor, Endocrinology-Diabetes, Dept of Medicine, Aristotle University, Thessaloniki, Greece.	4000	4000	<b>Dr José-María Sánchez-Puelles</b> , Senior Researcher, CIB Margarita Salas, CSIC, Spain	2000	
<b>Dr Eva Kocovska</b> , PhD, Queen Mary University of London, UK. Gillberg Neuropsychiatry Centre, University of Gothenburg, Sweden. Medical College, Prague, Czech Republic.	2000	2000	<b>Dr Carmelinda Ruggiero</b> , MD PhD. Professor of Geriatric Medicine, School of Medicine, University of Perugia, Italy. Head of the Orthogeriatric Unit, S Maria Misericordia Teaching Hospital, Perugia, Italy. Disclosure: Occasional consultant for UCB Pharma.	4000	4000
<b>Dr Benjamin Jacobs</b> , MBBS, MD, MRCP(UK), FRCPC. Royal National Orthopaedic Hospital, London, UK.	2000	2000	<b>Dr Minisola Giovanni</b> , President Emeritus of Italian Society for Rheumatology. Scientific Director of "San Camillo - Forlanini" Foundation, Rome, Italy.	4000	
<b>Dr Joan Lappe</b> , PhD, RN, FAAN. Professor, Creighton University, Omaha, Nebraska, USA.	4000		<b>Christine French</b> , MS. Research Analyst at GrassrootsHealth Nutrient Research Institute [non-profit], Encinitas, CA, USA.	4000	5000
<b>Dr Ronald Primas</b> , MD, FACP, FACPM, DABIHM, CTH. New York, NY, USA.	4000	4000	<b>Dr Patrizia Presbitero</b> , MD. Clinical and interventional cardiology, Cardio Center, Humanitas Research Hospital Rozzano, Rozzano, Milan, Italy.	4000	
<b>Dr Cristina Eller Vainicher</b> , MD. Unit of Endocrinology, Fondazione Ca'Granda IRCCS Ospedale Maggiore Policlinico Milan, Italy. Head of the out-patients clinic for osteoporosis.	4000	3500	<b>Dr Hayley A Young</b> , PhD. Associate Professor, Nutrition and Behaviour, Swansea University, UK.	4000	4000
<b>Dr Matthias Gauger</b> , MD. General Practitioner, Switzerland.	2000	3000	<b>Dr Ken Redcross</b> , MD. Doctor and on-camera medical expert, New York, USA. Disclosure: scientific advisory board of the Organic & Natural Health Association.	4000	10,000
<b>Dr David Warwick</b> , DDS. Dentist, Alberta, Canada. Published Researcher.	4000	8000	<b>Dr Rajeev Venugopal</b> , MBBS FRCS FACS DM. Consultant Plastic Surgeon/ Associate Lecturer in Surgery, University of the West Indies at Mona, Jamaica.	2000	2000
<b>Dr Rose Anne Kenny</b> , MD FRCP FRCPI FRCPEdin FTCD FESC MRIA. Professor, Chair of Medical Gerontology, Trinity College, Dublin, Ireland.	2000	2000	<b>Dr David Benton</b> , PhD DSc. Professor, Swansea University, UK.	4000	4000
<b>Dr Sunil J Wimalawansa</b> , MD, PhD, MBA, FRCP, FRCPath, FACE, FACP, DSc. Professor of Medicine, Endocrinology & Nutrition, Cardiometabolic & Endocrine Institute, New Jersey, USA.	4000	5000	<b>Dr Gianluca Isaia</b> , MD PhD. Geriatrician, Section of Geriatrics, Department of Medical Sciences, University of Turin, A.O.U. Città della Salute e della Scienza di Torino, Molinette, Turin, Italy.	2000	2000
<b>Dr Lina Zgaga</b> , MD, PhD. Associate Professor of Epidemiology, Trinity College Dublin, University of Dublin, Ireland.	2000	3000	<b>Dr Piero Stratta</b> , Professor of Nephrology, University Piemonte Orientale, Italy	4000	4000
<b>Dr Irwin Jungreis</b> , PhD, Harvard University. Research Scientist, Massachusetts Institute of Technology, Cambridge, MA, USA.	2000	2700	<b>Dr Ben Schöttker</b> , PhD. Scientist, Division of Clinical Epidemiology and Ageing Research, German Cancer Research Center, Heidelberg, Germany.	2000	1400
<b>Dr Jane Coad</b> , PhD. Professor of Nutrition, Massey University, New Zealand.	4000	2000	<b>Dr Parag Singhal</b> , MD FRCP FACP. Consultant Endocrinologist. Professor of Medicine, University of South Wales, UK.	4000	3300
<b>Dr Cedric Annweiler</b> , MD, PhD. Professor of Geriatric Medicine, School of Medicine, University of Angers and Department of Medicine, Clinique de l'Anjou, Angers, France. Disclosure: occasional consultant for Mylan Laboratories Inc.	2000	2000	<b>Dr Roberto Fantozzi</b> , MD. Full Professor of Pharmacology, University of Turin, Turin, Italy.	4000	2000
<b>Dr Anna Moore</b> , MBBS PgDipNutrMed, London, UK.	2000	2000	<b>Dr Sheryl L Bishop</b> , PhD. Professor Emeritus, University of Texas Medical Branch, School of Nursing, Galveston, Texas, USA.	4000	2000
<b>Dr Salvatore Minisola</b> , Full Professor of Internal Medicine, 'Sapienza' Rome University, Italy.	4000		<b>Dr Wayne Jonas</b> , MD. Professor of Family Medicine, Georgetown University. Former Director NIH Office of Alternative Medicine, USA.	2000	
<b>Dr Mats B Humble</b> , MD, PhD. Psychiatrist (retired), Senior lecturer, Department of Medical Sciences, Örebro University, Sweden.	2000	3000	<b>Dr Ferdinando Silveri</b> , Medical Director of the Rheumatology Clinic of the Marche Polytechnic University, Ancona, Italy.	4000	
<b>Dr Andrea Fabbri</b> , MD, PhD. Professor of Endocrinology, Head Endocrinology Division, Ospedale CTO A. Alesini, University of Rome Tor Vergata, Rome, Italy.	4000	7000	<b>Dr Edward Jude</b> , MBBS MD FRCP. Professor of Medicine, University of Manchester, UK.	4000	3000
<b>Dr Steve Jones</b> , PhD, FRS. Emeritus Professor of Human Genetics, Dept of Genetics, Evolution and Environment, University College London, UK.	4000		<b>Dr Rachel Nicoll</b> , PhD. Medical researcher, Umeå University, Sweden.	4000	4000
<b>Dr Hermann Brenner</b> , MD MPH. Professor of Epidemiology, Head of Clinical Epidemiology and Aging Research, German Cancer Research Center, Heidelberg, Germany.	2000	2000	<b>Dr David N Grant</b> , Former Consultant Neurosurgeon, Great Ormond St Hospital and National Hospital for Neurology and Neurosurgery, London, UK	4000	4000
<b>Dr G Siegfried Wedel</b> , MD. Internist-Nephrologist (ret), Vierhöfen, Germany.	4000	8000	<b>Dr Ellen CG Grant</b> , MBChB, DObst, RCOG, Retired Physician and Medical Gynaecologist, Kingston upon Thames, UK	4000	4000
<b>Dr Robin Weiss</b> , PhD, FRCPath, FMedSci, FRS. Emeritus Professor of Viral Oncology, University College London, UK.	4000	2000	<b>Dr Laurence S Harbige</b> , PhD CBiol FRSB, Deputy Director of the Lipidomics and Nutrition Research Centre and Senior Lecturer in the School of Human Sciences, London Metropolitan University, UK	2000	