

Advantage of Vitamin- D for Health: Editorial

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Editorial

Vitamins & Minerals Journal covers the information regarding Micro nutrients, Trace minerals, Probiotics, Multivitamins, Macro nutrients, Vitamin A, Vitamin B, Vitamin C, Vitamin D, Beta Carotene, Flavonoids, Biotin, Folic acid, Riboflavin, Mineral density, Essential Vitamins. The Journal has a wide range of fields in its discipline to create a platform for the authors to make their contribution towards the journal. WHO declared SARS-CoV-2 a global pandemic. The present aim was to propose an hypothesis that there is a potential association between mean levels of vitamin D in various countries with cases and mortality caused by COVID-19. The mean levels of vitamin D for 20 European countries and morbidity and mortality caused by COVID-19 were acquired. Negative correlations between mean levels of vitamin D (average 56 nmol/L, STDEV 10.61) in each country and the number of COVID-19 cases/1 M (mean 295.95, STDEV 298.7, and mortality/1 M (mean 5.96, STDEV 15.13) were observed. Vitamin D levels are severely low in the aging population especially in Spain, Italy and Switzerland. This is also the most vulnerable group of the population in relation to COVID-19. It should be advisable to perform dedicated studies about vitamin D levels in COVID-19 patients with different degrees of disease severity.

Potassium is a Vitamin D deficiency is a major public health problem worldwide in all age groups but vitamin D status deteriorates with age, above 70 years of life, due to decreased sun exposure and cutaneous synthesis. It is poor in the institutionalized people, 75% of them being severely vitamin D deficient (serum 25(OH)D < 25 nmol/L). The crude association observed in the present study may be explained by the role of vitamin D in the prevention of COVID-19 infection or more probably by a potential protection of vitamin D from the more negative consequences of the infection. Regarding the protective role of vitamin D against infection with SARS-Cov2, we can start by looking at the effect on other respiratory infections.

Significant crude relationships between vitamin D levels and the number COVID-19 cases and especially the mortality caused by this infection. The most vulnerable group of population for COVID-19, the aging population, is also the one that has the most deficit Vitamin D levels.

Vitamin D has already been shown to protect against acute respiratory infections and it was shown to be safe. It should be advisable to perform dedicated studies about vitamin D levels in COVID-19 patients with different degrees of disease severity. important.

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