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Dr. Anthony Fauci says you should avoid ‘immune boosting’ supplements. Take vitamin D instead

The doctor wants you to take your vitamin D as the coronavirus pandemic continues

By Herb Scribner | @HerbScribner | Sep 29, 2020, 11:00am MDT



Vitamin D tablets are displayed on Nov. 9, 2016, in New York. | Mark Lennihan, Associated Press

Dr. Anthony Fauci said during an Instagram Live interview on Sept. 10 that you should avoid taking “so called immune-boosting” supplements and embrace vitamin D instead, CNBC reports.

- Fauci said: “If you are deficient in vitamin D, that does have an impact on your susceptibility to infection. So I would not mind recommending, and I do it myself taking vitamin D supplements.”

Fauci said that the aforementioned supplements mostly do “nothing” to stop the novel coronavirus. Vitamin D, though, might have an impact.

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Does vitamin D lower your risk of COVID-19?

At the beginning of September, a new study from the University of Chicago suggested that those who have a lack of vitamin D could have more severe cases of the novel coronavirus.

Those who have untreated vitamin D deficiency saw an increased likelihood of testing positive for the novel coronavirus of by 77%, as I wrote about for the Deseret News.

- The study said 22% of patients with vitamin D deficiency were infected by COVID-19.
- Sixty percent of patients who had adequate levels of vitamin D, only 12% tested positive for COVID-19.
- “In this single-center, retrospective cohort study, likely deficient vitamin D status was associated with increased COVID-19 risk, a finding that suggests that randomized trials may be needed to determine whether vitamin D affects COVID-19 risk,” the study concludes.

AD

