

## Rufus Greenbaum

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**From:** Rufus Greenbaum <rufus@greenbaum.com>  
**Sent:** 20 September 2020 22:37  
**To:** Professor Peter Horby; NERVTAG  
**Subject:** People deficient in Vitamin D are 2 times more likely to test positive for COVID-19  
**Attachments:** 20200917 COVID-19 positivity rates for 190,000 patients.pdf; scientists\_call-to-action\_121817.pdf; boots-cd.jpg

Dear Professor Horby,

***May I suggest that it is time that NERVTAG made another review of the effect of Vitamin D on COVID-19***

Attached is a major new analysis of 190,000 tests done in USA that show

- **People deficient in Vitamin D were 2 times more likely to test positive for COVID-19**
- **People in the north of USA were 3 times more likely to test positive for COVID-19 than in the south ( effect of sunshine ? )**
- **Black people were 2 times more likely to test positive than white people ( effect of sunshine on skin ? )**

Since the UK definition of Vitamin D Deficiency is half the level of USA, UK numbers would be worse

- My estimate is that the comparable numbers would be: 2.5 times more likely to test positive

Here is an update on 11 different type of studies on Vitamin D and COVID-19  
<https://vitamindwiki.com/Studies+on+Vitamin+D+and+COVID-19+%2811+categories%29+--+Sept+20%2C+2020>

***Here is some background commentary:***

Vitamin D is mis-named, as it is really a potent steroid pro-hormone

- The UK definition of Vitamin D Deficiency is 10 ng/mL
- The USA definition of Vitamin D Deficiency is 20 ng/mL
- There is strong evidence that we need 30 ng/mL for good bone health
- Since 2007 there has been a "Call-To-Action" from 40+ world-wide experts to raise the target level for Vitamin D blood level to 40-60 ng/mL

The Department of Health currently recommends 10 micrograms Vitamin D daily for both babies & adults

- ***This is stupid*** as Vitamin D is fat soluble and a 100 kg adult should take much more than a 3 kg baby
- *What matters is the blood level*

The European Food Safety Agency ( EFSA ) allows any adult, including pregnant women, to take 100 micrograms daily

- And up to 250 micrograms under medical supervision

Please take a little time to examine **Vitamin D Wiki** to see how a Vitamin D Deficiency can present as 50 different health conditions

<https://vitamindwiki.com/>

**Finally:**

It would be so easy to advise people to try taking extra Vitamin D

- How about advising everyone in Scotland to see if it makes a difference in the north of the UK ?
- **There is almost no risk, the cost is low and the benefit could be massive**
- See the picture attached of 75 microgram tablets of Vitamin D3 for 90 days for £12 from Boots

I would like to suggest some UK doctors who are very knowledgeable about this and can offer practical advice

<http://www.drdavidgrimes.com/2020/09/covid-19-and-vitamin-d-some-questions.html>

Regards

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