

The worst cases of COVID-19 occur in patients with the lowest vitamin D levels:

<https://www.ncbi.nlm.nih.gov/research/coronavirus/publication/32393401>

<https://www.ncbi.nlm.nih.gov/research/coronavirus/publication/32397511>

<https://www.ncbi.nlm.nih.gov/research/coronavirus/publication/32451597>

<https://www.ncbi.nlm.nih.gov/research/coronavirus/publication/32377965>

<https://link.springer.com/article/10.1007/s40520-020-01607-y>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7231123/>

Nutrition plays a strong role in the immune system, inhibiting viruses like SARS-CoV2:

<https://www.ncbi.nlm.nih.gov/pubmed/30811465>

<https://www.ncbi.nlm.nih.gov/pubmed/29706959>

<https://www.ncbi.nlm.nih.gov/pubmed/31877496>

<https://www.ncbi.nlm.nih.gov/pubmed/32117246>

<https://www.ncbi.nlm.nih.gov/pubmed/32021325>

<https://www.ncbi.nlm.nih.gov/pubmed/32124885>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7190535/>

Decreasing systemic inflammation with nutritional treatment is a reasonable and cost-effective way to reduce or prevent chronic illnesses—and even reduce the severity of acute illness, including certain types of respiratory distress:

<https://www.ncbi.nlm.nih.gov/pubmed/220712122>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6199603/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3942667/>

<https://www.ncbi.nlm.nih.gov/pubmed/30811465>

<https://www.ncbi.nlm.nih.gov/pubmed/31752330>

<https://www.ncbi.nlm.nih.gov/pubmed/29589544>

<https://jaoa.org/article.aspx?articleid=2673882>