

Veľmi dôležité je opakovane zdôrazniť potrebu adekvátneho denného príjmu vitamínu D podľa odporúčaní odborných spoločností (400–1 000 IU denne v závislosti od veku). Tieto odporúčania existujú na základe presvedčivých údajov o benefite vitamínu D na muskuloskeletálny systém (61). V kontexte prebiehajúcej pandémie COVID-19 sa však každým dňom objavuje viac dát o tom, že vitamín D by mohol zmierniť celospoločenský dopad pandémie najmä u skupín pacientov, kde je jeho deficit najzávažnejší (čo je zároveň populácia najviac náchylná na ťažký priebeh infekcie COVID-19). U týchto pacientov je rozumné počas pandémie ochorenia

COVID-19 zväziť podávanie vyšších dávok vitamínu D z „off label“ indikácie, horná hranica dennej dávky by mohla byť 4000 IU (najvyššia odporúčaná dávka z „muskuloskeletálnej“ indikácie) minimálne do objavenia sa väčšieho množstva dát z prospektívnych, intervenčných štúdií (randomizované placebo kontrolované štúdie). Vitamín D zrejme nebude „záračnou molekulou“ ale iba jedným z viacerých faktorov ovplyvňujúcich priebeh a závažnosť ochorenia COVID-19. Adekvátna suplementácia vitamínom D je však z celospoločenského hľadiska jednoduché, lacné a bezpečné opatrenie s potenciálnym významným zdravotným benefitom.

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