



Reply

# Reply to Chambers, P. Comment on “Huțanu et al. Low Serum Vitamin D in COVID-19 Patients Is Not Related to Inflammatory Markers and Patients’ Outcomes—A Single-Center Experience and a Brief Review of the Literature. *Nutrients* 2022, 14, 1998”

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We thank Patrick Chambers for his interest [1] in our recently published paper on the vitamin D status in COVID-19 patients in the Romanian population [2]. Our study is a cross-sectional one, based solely on observational results and is not a randomized controlled one. We also stated that our patients did not receive a vitamin D treatment during the hospitalization, nor vitamin C (as vitamin C was mentioned in the commentary); we also did not state a dose recommendation for vitamin D supplementation neither in healthy nor in SARS-CoV-2-infected subjects.

The recommended thresholds for the vitamin D status, as well as the daily dose recommendation, both for bone homeostasis as well for extra-skeletal effects, including COVID-19, are still controversial, as recently reviewed by Bouillon R et al. [3]. Many factors drive these controversial results: different cut-off definitions, confounding factors, or different sampling moments. Although we are aware that the extra-skeletal effects of vitamin D are effective at higher serum levels, probably above 50 ng/mL, in our study we were not able to set this high threshold due to statistical reasons, since only a small number of subjects had reached this threshold.

A study published in JAMA by Murrai et al. that found no effect of high bolus-dose of vitamin D in COVID-19 patients used a baseline vitamin D level of 20 ng/mL [4]; however, the vitamin D supplementation reduced the acute respiratory infections, the daily dose is preferred upon intermittent dosage, and the lower the vitamin D levels, the greater the beneficial effects of vitamin D supplementation results [5].

In our study, there was no intention to assess the magnesium and calcium serum status; it was an evaluation of the vitamin D status in Romanian hospitalized COVID-19 patients. While the threshold values for blood levels are not yet universally accepted, they are not subject to on/off effects. We believe that evaluating the continuum of values in particular populations can still be meaningful.

Dr. Fauci’s personal preferences of supplements are undoubtedly informative but nevertheless cannot rank *per se* above the level of expert opinion.

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