

# High dose of vitamin D does not cut COVID-19 hospital stay

1 March 2021



admission to the [intensive care unit](#) (16.0 versus 21.2 percent; difference,  $-5.2$  percent; 95 percent CI,  $-15.1$  to 4.7 percent;  $P = 0.30$ ), and need for [mechanical ventilation](#) (7.6 versus 14.4 percent; difference,  $-6.8$  percent; 95 percent CI,  $-15.1$  to 1.2 percent;  $P = 0.09$ ). There were increases observed in the mean serum levels of 25-hydroxyvitamin D after the single dose of vitamin D<sub>3</sub> versus placebo (44.4 versus 19.8 ng/mL; difference, 24.1 ng/mL; 95 percent CI, 19.5 to 28.7;  $P$

"The findings do not support the use of a high dose of vitamin D<sub>3</sub> for treatment of moderate-to-severe COVID-19," the authors write.

**More information:** [Abstract/Full Text](#)  
[Editorial](#)

Copyright © 2020 [HealthDay](#). All rights reserved.

(HealthDay)—A single high dose of vitamin D<sub>3</sub> does not shorten length of stay or improve other outcomes among patients hospitalized for COVID-19, according to a study published online Feb. 17 in the *Journal of the American Medical Association*.

Igor H. Murai, Ph.D., from the University of Sao Paulo in Brazil, and colleagues randomly assigned hospitalized patients with moderate-to-severe COVID-19 (June 2 to August 27, 2020) to receive a single oral dose of 200,000 IU of [vitamin D<sub>3</sub>](#) (120 patients) or placebo (120 patients).

The researchers found that the median length of stay was not significantly different between the vitamin D<sub>3</sub> and placebo groups (seven days for both; unadjusted hazard ratio for hospital discharge, 1.07; 95 percent confidence interval [CI], 0.82 to 1.39;  $P = 0.62$ ). The groups were also similar with respect to in-hospital mortality (7.6 versus 5.1 percent; difference, 2.5 percent; 95 percent CI,  $-4.1$  to 9.2 percent;  $P = 0.43$ ),

APA citation: High dose of vitamin D does not cut COVID-19 hospital stay (2021, March 1) retrieved 29 May 2022 from <https://medicalxpress.com/news/2021-03-high-dose-vitamin-d-covid-.html>

*This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.*