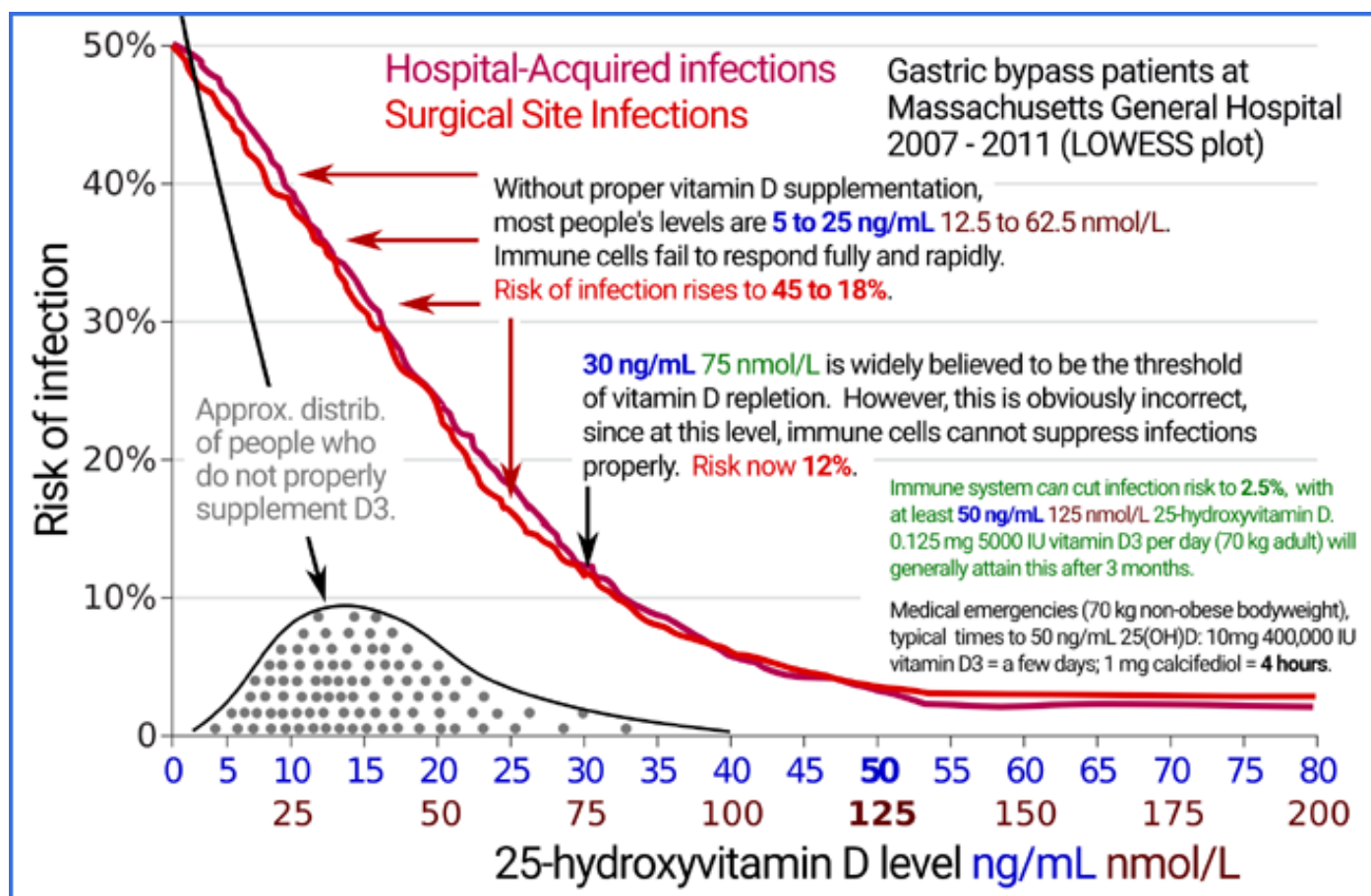


# Vitamin D!

<https://5nn.info>

The immune system can only work properly with at least 50 nanograms per millilitre (125 nanomols/litre = 1 part in 20,000,000 by mass) circulating 25-hydroxyvitamin D:



25-hydroxyvitamin D (calcifediol) is made primarily in the liver from vitamin D3 (cholecalciferol) which is ingested or made in the skin by ultraviolet B radiation breaking a carbon ring in 7-dehydrocholesterol.

Since there is very little vitamin D3 in food, and since UV-B is hard to obtain all year round, and raises the risk of skin cancer (due to it also breaking bonds in DNA), the only practical way most people can be healthy, is to take sufficient supplemental vitamin D3 to maintain the 50 ng/mL (125 nmol/L) or more circulating 25-hydroxyvitamin D the immune system needs.

Please follow the links from [5nn.info](https://5nn.info) (search for "5 Neglected Nutrients") to read the pertinent research and Prof. Sunil Wimalawansa's recommendations for how much vitamin D3 to supplement, on average, per day to attain this, without the need for blood tests or medical monitoring. The amount depends on body weight and obesity status. For 70 kg body weight without obesity, 1/8th of a milligram is a good amount (125 micrograms = 5000 IU). This is a gram every 22 years. Pharma grade vitamin D3 costs about USD\$2.50 a gram ex-factory. A credit card weighs 5 grams.

This takes months to raise the 25-hydroxyvitamin D level. For emergency boosting the level safely over 50 ng/mL, for 70 kg body weight, ingesting 1 milligram of calcifediol (which is 25-hydroxyvitamin D) will attain this in 4 hours. This would have saved most people who died from COVID-19 and it would save most of the 11 million people, worldwide, who die each year from sepsis. 10 mg vitamin D3 takes about 4 days.

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