

geographic area of support	work	English title (and link to English translation)	authors/supporters	notable worldwide vitamin D experts involved	COVID-19 prophylaxis recommendations (25OHD serum; D3 protocol)	COVID-19 treatment recommendations (D3 or calcifediol)	month released	
Big groups of scientists & physicians (groups on the order of 100+ experts):								
France	French review in La Revue du Praticien	"Biological effect of vitamin D in Covid: what are the data? Ensuring satisfactory vitamin D status in the general population is particularly important in the context of Covid-19"	73 French authors, with the support of 6 French national scientific societies: the French Association for the Fight against Rheumatism (AFAR), the French Society of Endocrinology (SFE), the French Society of Geriatrics and Gerontology (SFGG), the French Pediatric Society (SFP), the French Society of Pediatric Endocrinology and Diabetology (SFPEDP), and the Francophone Society of Nephrology, Dialysis and Transplantation (SFNDT).	Cedric Anweiler	20-60ng/ml; 1200 IU/day [cites Cashman 2018 on dose response]; 2x for obesity. Also emphasizes the safety of 2000-4000 IU/day.	100,000 IU upon COVID-19 diagnosis, repeated a week later (2x that for obese or high-risk of severe case patients).	Jan 2021	
International	International VitaminDforAll open letter	"Over 200 Scientists & Doctors Call For Increased Vitamin D Use To Combat COVID-19. Scientific evidence indicates vitamin D reduces infections & deaths"	215 signatories (as of Jan 25, 2021) from 33 countries, almost all medical doctors & PhDs, including over 100 professors , also including the leaders of 4 Vitamin D non-profits: the Vitamin D Society, GrassrootsHealth, the European Vitamin D Association (EVIDAS), and VitaminDAssociation.org	Michael Holick (#1), Martin Hewison, William Grant, Cedric Anweiler, Jean-Claude Souberbielle, Bruce Hollis, Carol Wargel, Reinhold Vieth	30ng/ml; 10,000 IU/day for 2-3 weeks then 2000-4000 IU/day [cites Veugleers & Ekwaru 2014 and Heaney et al 2015 on dose response]. More (eg 2x) for excess weight, dark skin, or care homes. 75% of signatories recommend 4000 IU/day, 25% 2000 IU.	Test and treat deficiency, possibly with protocol of either Castillo et al 2020 (calcifediol 0.532 mg on day 1, 0.266 mg on day 3, 7, and then once a week), or Rastogi et al 2020 (60,000 IU/day for 7 days to achieve 50ng/mL).	Dec 2020	
International	CovidConsensus.org's Vitamin D results	n/a	Approximately 100 authors of published papers on vitamin D & Covid polled anonymously by an LSE project. (100 = 865 polled * 16% response rate * 73% of responders fully or mostly agreed with the above VitaminDforAll.org open letter.) See also this write-up about the results .		<implicitly, same as row directly above>	<implicitly, same as row directly above>	Feb 2022	
Italy	Italian Academy of Medicine of Turin letter	"Vitamin D in the prevention and treatment of COVID-19: new evidence"	166 Italian professors & physicians (as of Feb 26, 2021).		40ng/ml; up to 4000 IU/day.	Protocol of either Anweiler et al 2020 (80,000 IU), Castillo et al 2020 (calcifediol 0.532 mg on day 1, 0.266 mg on day 3, 7, and then once a week), or Rastogi et al 2020 (60,000 IU/day for 7 days to achieve 50ng/mL).	Dec 2020	
International	Grant et al spring, Nutrients paper	"Evidence that Vitamin D Supplementation Could Reduce Risk of Influenza and COVID-19 Infections and Deaths"	7 authors, also cited by 1835 other scholarly works according to Google Scholar (as of Sep 1, 2022) with thousands of authors in total .	William Grant	40-60ng/ml; 10,000 IU/day for 2-3 weeks then 5000 IU/day.	"For treatment [...], higher vitamin D3 doses might be useful."	Apr 2020	
Notable authoritative groups (groups on the order of 10 experts):								
Spain	Spanish Society of Geriatrics and Gerontology position statement	"VitaminD supplementation for the prevention and treatment of COVID-19: a position statement from the Spanish Society of Geriatrics and Gerontology"	9 Spanish authors			1000-16,000 IU/day D3 or calcifediol depending on starting serum level. (See table in paper.)	Feb 2021	
British Isles	Griffin et al Royal Society evidence, synthesis	"Vitamin D and COVID-19: evidence and recommendations for supplementation"	8 authors (7 from UK)	Martin Hewison	50nmol/L (20ng/ml); 4000 IU/day for 4 weeks (in those likely deficient) then 800-1000 IU/day [cites Zitterman 2014 on dose response]. Also emphasizes the safety of 4000 IU/day.	Hospital: test or supplement.	Dec 2020	
USA	US ELCCC Alliance L: MASK+ & MATH+ protocols		10 US physicians, including Paul Marik and Pierre Kory.		1000-3000 IU/day.	Outpatient: 4000 IU/day. Hospital: Calcifediol preferred: 0.5 mg day 1, then 0.2 mg day 2 & then weekly. Otherwise 20,000-60,000 IU then 20,000 IU weekly (= 2860 IU/day).	Nov 2020 (L: MASK+) Apr 2020 (MATH+)	
Ireland	Irish Covid-D Consortium position statement in Nature Public Health, Emergency Collection	"Vitamin D and SARS-CoV2 infection—evolution of evidence supporting clinical practice and policy development. A position statement from the Covid D Consortium"	9 Irish authors from across " Ireland's leading universities ".		50nmol/L (20ng/ml) & widespread testing both to identify deficiency and confirm 50nmol/L achievement, 800-1000 IU/day [cites Zitterman 2014 on dose response, also cites others such as Cashman et al 2008 but seems to go with the lower dose from Zitterman]. More for overweight, dark skin, old age. Also emphasizes the safety of 4000 IU/day.		Nov 2020	
Ireland	2022 review paper from same group as above	"Understanding a Low Vitamin D State in the Context of COVID-19"	2022 update from highly overlapping set of 9 Irish authors as row above.		800-1000 IU/day; 1500-2000 IU/day for vulnerable groups (those with obesity, darker skin, diabetes mellitus and older adults) with monitoring		Mar 2022	
France	French National Academy of Medicine statement	"Vitamin D and Covid-19"	French National Academy of Medicine		Reiterates recommendation for supplementation.	Age 60+: Test and treat with 50,000-100,000 IU loading dose if deficient. Age <60: 800-1000 IU/day.	May 2020	
Notable individuals (on the order of 1 expert):								
USA	Aries Grant, Willett, racial disparities, Nutrients paper	"Does the High Prevalence of Vitamin D Deficiency in African Americans Contribute to Health Disparities?"	Walter Willett , Harvard School of Public Health, 2nd most cited author in all of clinical medicine according to Wikipedia.	William Grant	75nmol/L (30ng/ml). Risks of up to 4000 IU/day are minimal.		Feb 2021	
USA	Richard Carmona, MedPage Today Op-Ed	"Op-Ed: Don't Let COVID-19 Patients Die With Vitamin D Deficiency—We can't wait for perfect evidence"	Richard Carmona , former US Surgeon General.		Identify and eradicate deficiency with early & aggressive supplementation; also emphasized the safety of 4000 IU and the lack of adverse effects of 10,000 IU.		Jan 2021	
USA	Anthony Fauci, interview with Jennifer Garner		Anthony Fauci , US NIH National Institute of Allergy & Infectious Diseases Director and Chief Medical Advisor to the President.		Vitamin D deficiency does impact infection risk and he takes it.		Sep 2020	
USA	JoAnn Manson, summer op-ed in Elsevier Public Health, Emergency Collection	"Commentary: Eliminating vitamin D deficiency during the COVID-19 pandemic: A call to action"	JoAnn Manson , Harvard Medical School & Harvard School of Public Health, top global vitamin D researcher.	JoAnn Manson (#2)	12ng/ml; 1000-2000 IU/day during the pandemic. Vitamin D might help, 800-2000 IU/day probably safe. 1000 IU/day reasonable. Get sun [but note that was said in March].		Jul 2020	
USA	Tom Frieden spring, Fox News interview		Tom Frieden , former US CDC Director.				Mar 2020	
summaries:								
big international, Italian, & French groups, notable individuals				several hundred credible scientific academic and medical supporters, and thousands when factoring in authors citing Grant et al. (even if only a portion support its recommendations). acknowledgment of importance from former US surgeon general, former US CDC director, & current NIAID director, plus top nutrition and clinical medicine researchers	9 notable world renowned vitamin D experts, including #1 & #2	1. Clear consensus that vitamin D deficiency is important and must be fixed urgently, and without waiting for more studies. 2. Almost unanimous agreement to achieve at least 20ng/ml serum levels. 3. Clear consensus for intakes above current government guidelines, with a range from 800-5000 IU/day, and many suggesting more for certain groups. 4. Clear consensus that 4000 IU/day is safe.		