

U.S. Rep. Grothman: Spotlights fast-acting vitamin D

Posted on Wednesday, Jan 26, 2022

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(Washington, D.C.) – Today, Congressman Glenn Grothman (WI-06) highlighted his support for fast-acting vitamin D as a potential game-changer in the fight against COVID-19. As vitamin D is [scientifically proven](#) to benefit the immune system, the fast-acting form of this over-the-counter supplement has potential to help alleviate the ill-effects of COVID-19 by enabling consumers to reach optimum vitamin D levels within days, rather than months.

For example, the fast-acting vitamin D supplement Calcifediol enables consumers to reach and maintain sufficient vitamin D levels [three times faster](#) compared to regular vitamin D.

*“Calcifediol is a safe, low-cost supplement that helps support a healthier future,” **said Grothman.** “Fast-acting vitamin D is clinically proven to raise vitamin D levels more rapidly, which can unlock the benefits of the supplement in a matter of days.*

“Given the supporting evidence, it is inexcusable for our public health institutions and media outlets to continue ignoring the benefits of healthy vitamin D levels, especially for people with symptoms of COVID-19 and those most at risk, including seniors. The obfuscation of this research has been irresponsible and has no doubt cost lives because healthy immune systems can better manage the severity of infectious diseases, like COVID-19.”

In February 2021, Grothman introduced a [House Resolution](#) to recognize the significant role vitamin D may play in the fight against COVID-19. He has [spoken](#) on the House floor extensively outlining the correlation between healthy vitamin D levels and better outcomes for patients with COVID-19.

Grothman has [discussed](#) the possible benefits of vitamin D in helping mitigate COVID-19 symptoms, citing medical research studies out of [Northwestern University](#), [University of Chicago](#), and [Trinity College](#) in Dublin, Ireland, to name a few. These studies show a strong correlation between vitamin D deficiencies and negative COVID-19 patient outcomes, including severe symptoms, hospital stays, ICU admittance, and overall mortality rate. Furthermore, the studies suggest those with healthy vitamin D levels are likely to fare much better against COVID-19 infection because of the benefits vitamin D intake can have for overall respiratory health and immune response.

According to a [study](#) from the British Journal of Nutrition, an estimated 42 percent of American adults have insufficient vitamin D levels.

Grothman sent a [letter](#) to Congressional leadership in late 2020 urging them to include language in the next COVID-19 relief package that would require the CDC to investigate the relationship between vitamin D deficiencies and COVID-19. If the CDC confirmed internally that vitamin D helps mitigate COVID-19 symptoms, guidance would be issued recommending vitamin D intake, particularly for vulnerable populations and communities with high rates of deficiencies.