

Efficacy of High-Dose Vitamin D Supplementation as an Adjuvant Treatment on Pneumonia: Systematic Review and a Meta-Analysis of Randomized Controlled Studies

Yang C, et al. Nutr Clin Pract. 2021 Apr; 36(2):368-384.

- Vitamin D supplementation significantly increased levels of serum 25(OH)D (mean difference = 15.97 ng/ml) and reduced incidence of repeat episodes of pneumonia (risk ratio [RR] = 0.68).
- Subgroup analysis revealed Vitamin D supplementation had more reducing effects on repeat episodes of pneumonia in paediatric population (RR = 0.66).
- Further, Vitamin D supplementation for duration of < 3 months or dose of < 3,00,000 IU also reduced repeat episodes of pneumonia [(RR = 0.55) and (RR = 0.51) respectively].
- Results suggested that Vitamin D supplementation had a positive effect on recovery rate of pneumonia.

High-dose Vit. D intervention may have an effect on reducing the incidence rate of repeat episodes of pneumonia by enhancing immune efficacy.