

Peer Review

Review of: "Vitamin D, Calcium to Magnesium, and the Gut Microbiome"

Vitor Hugo Panhoca^{1,2}

1. UFSCAR Federal University of São Carlos, São Paulo – Brazil, Universidade de São Paulo, Brazil; 2. Biotecnologia, UFSCar Federal University of São Carlos, São Carlos, Brazil

I believe that the topic of the article is very interesting.

Vitamin D and Magnesium are used to treat chronic COVID or post-spike protein syndrome.

Furthermore, I believe that a good part of the comments in the conclusion should be transferred to the discussion of this paper.

Among other details, I believe that in a region where there is a lot of sun and good nutrition, vitamin D and magnesium supplementation are not very necessary, as they can overload the metabolism in the liver and other organs.

I believe that a harmonized amount of Magnesium increases cellular and intestinal permeability, which increases the absorption of Vitamin D, which carries calcium into the bloodstream, having systemic effects and not only on the intestinal microbiota.

All of this leads to improved immunity and bone calcification.

I suggest that these comments are necessary within this paper with bibliographic reference.

Declarations

Potential competing interests: No potential competing interests to declare.