

Review of: "[Case Report] Supplementation with Vitamin D, Zinc, and Quercetin to Treat COVID-19: A Case Report"

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Potential competing interests: No potential competing interests to declare.

The patient did not suffer from any serious symptoms to start with. Using the supplements was initiated 6 days after the onset of the infection, and usually, the severity of the symptoms in such cases starts to alleviate and, in many cases, disappear after 2 weeks. Based on that, we cannot be sure in concluding that vitamin D and zinc were the reason for her symptoms' alleviation. It has been documented that zinc has anti-inflammatory activity and in a meta-analysis conducted by Tabatabaeizadeh, it was found that the use of zinc supplements is associated with a lower mortality rate in COVID-19 patients. The same goes for vitamin D, where it was documented that it can regulate the immune response, however, it seems that people who have deficiency in zinc and vitamin D can benefit from the supplementation, but there isn't sufficient scientific evidence to support the claim that supplementations with zinc or vitamin D may help treat COVID-19 infection. Additionally, a randomized controlled study of people with moderate to severe COVID-19 found that the use of vitamin D did not benefit them.

So this case report can not really help in any conclusion regarding the use for supplementation to people who are not deficient -although no information was provided about this patient's levels prior to supplementation- in treating COVID-19 symptoms.