

[IMAGE]

Does Vitamin K Impact COVID-19 Severity?

By Editorial Staff

While scientists race to discover which pharmaceutical agents will be effective in preventing / treating the novel coronavirus, it's important to point out that when it comes to safety, natural compounds - the type found in the foods we eat every day - will always be safer than medications. If you need proof, just listen to the disclaimer on any advertisement for a drug; and then compare that to, say, the disclaimer on an apple.

With that said, let's talk about vitamin K, which recent research suggests may play a role in COVID-19 severity. Vitamin K is better known as potassium, and it's found in numerous foods; most notably bananas, cooked spinach and broccoli, sweet potatoes, peas, cucumbers and more. In other words, fruits and vegetables! According to new research that evaluated COVID-19 patients and non-patients, those with unfavorable outcomes were more likely to have lower levels of vitamin K compared to patients with less severe disease. As the researchers state: "Vitamin K status was reduced in patients with COVID-19 and related to poor prognosis."

While the reason vitamin K may relate to better COVID-19 outcomes isn't clear, we do know that foods high in vitamins, minerals and other health-promoting compounds – fruits, vegetables, etc. – are known to boost the immune system; certainly compared to the high-sugar, processed foods so commonplace in today's standard American diet. Talk to your doctor for more information.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=2765&no_paginate=true&no_b=true