



The Association of Vitamin D Deficiency with COVID- 19 Severity and Mortality

Hamid Reza Samimaghani¹, Mehdi Hassaniazad², Mohsen Arabi³, Dariush Hooshyar⁴, Mohammad Amin Abbasi⁵, Tooba Abbasi⁶, Mitra KazemiJahromi^{7*}

¹ Clinical Research Development Center, Hormozgan University of Medical Sciences, Bandar Abbas, Iran

² Infectious and Tropical Diseases Research Center, Hormozgan Health Institute, Hormozgan University of Medical Sciences, Bandar Abbas, Iran

³ Preventive Medicine and Public Health Research Center, Family Medicine Department, Iran University of Medical Sciences, Tehran, Iran

⁴ Student at Research Committee, Faculty of Medicine, Hormozgan University of Medical Sciences, Bandar Abbas, Iran

⁵ Firoozabadi Hospital Clinical Research Development Center, Iran University of Medical Sciences, Tehran, Iran

⁶ Department of Pathology, Hormozgan University of Medical Sciences, Bandarabbas, Iran

^{7*} Endocrinology and Metabolism Research Center, Hormozgan University of Medical Sciences, Bandarabbas, Iran

***Corresponding authors:** Mitra KazemiJahromi, **Address:** Endocrinology and Metabolism Research Center, Hormozgan University of Medical Sciences, Bandarabbas, Iran, **Email:** mitra.kazemijahromi@gmail.com, **Tel:** +9876 33337192

Abstract

Background & Aims: There are few studies showing the association between vitamin D deficiency and COVID-19 severity and mortality. This study designed to investigate the relationship between vitamin D deficiency and the severity and mortality of COVID-19.

Materials & Methods: The present cross-sectional study was conducted on 48 COVID-19 patients with positive PCR test results. Patients were divided into three groups according to their serum 25-OH vitamin D3 levels: group 1 <20 ng/mL, group 2. 20-50 ng/mL, and group 3, ≥50 ng/ml. The relationship of the levels of vitamin D3, as well as the history of diabetes, hypertension, Ischemic Heart Disease (IHD), Glomerular Filtration Rate (GFR) ≤60 mL/min, LDH ≥500 U/L, and Lymphocyte count ≤1500 with the severity of the disease and its mortality were investigated.

Results: A significant relationship was observed between vitamin D ≤20 ng/mL and the severity (P<0.001) and mortality (P=0.001, adjusted OR=2.4) of the disease in COVID-19 patients. It was also shown that GFR ≤60 mL/min (P=0.02, adjusted OR=3.6), IHD (P=0.04, adjusted OR=2.8), LDH ≥500 U/L (P=0.027, adjusted OR=1.8), and lymphocyte count ≤1500 (P=0.002, adjusted OR=2.2) significantly affected the mortality.

Conclusion: The present study showed a significant relationship between vitamin D deficiency and the severity of the disease and mortality in COVID-19 patients. These results suggest the need for appropriate health policies during the COVID-19 pandemic.

Keywords: Vitamin D deficiency, COVID 19, mortality

Received 10 June 2021; accepted for publication 16 February 2022

Introduction

COVID-19 is a type of pneumonia caused by the SARS-COV-2 viral agent, which has rapidly spread throughout the world and led to a pandemic (1,2). Variation in COVID-19 mortality rates among countries with different geographical latitudes has drawn the attention of the scientific community to vitamin D as a factor affected by sunlight exposure (3,4). The difference between mortality rates in countries with less and high exposure to sunlight is among the factors that have fostered the hypothesis of a possible role for vitamin D in COVID-19 Pathogenesis (3). However, different rates of success in controlling the spread of the disease, as well as various confounding factors, may have influenced mortality rates in these countries (4). The patients' age and underlying diseases are among these factors (5).

The SARS-COV-2 virus can increase the activity of the Renin-Angiotensin-Aldosterone System (RAAS) by reducing the expression of ACE2 after infecting the cells, and thus damage the lungs and other organs.. (6). Vitamin D may reduce pulmonary damages through its antiviral activity and by inhibiting RAAS function (7, 8). Various studies also point to the protective effects of vitamin D on tight junctions, which prevents the infiltration of immune cells in the lungs, and its role in the potentiation of antiviral mechanisms and reduction of pro-inflammatory cytokines (9–11). In animal tissues, vitamin D3 has protective effects against lung damage by reducing the level of pro-inflammatory and pro-fibrotic cytokines (12). Moreover, it has been shown that vitamin D deficiency and COVID-19 produce similar symptoms of anosmia or ageusia, a point that strengthens the hypothesis that vitamin D can have an effect on this disease (13).

Reduced vitamin D levels during the COVID-19 pandemic and lockdown could have major effects on the society and the health system, given the significant incidence of vitamin D insufficiency and inadequacy in the general population. (14, 15). So far, many studies have examined the effect of vitamin D on COVID-19. However, the contradictory results of these studies

reveal the need for more evidence to make a decision. (3, 16-24).

There are few studies showing the association between vitamin D deficiency and COVID-19 severity and mortality. This study designed to investigate the relationship between vitamin D deficiency and severity and mortality of COVID-19.

Materials & Methods

The present cross-sectional study was conducted on 48 COVID-19 patients with positive PCR test results admitted to the COVID-19 ward of Shahid Mohammadi Hospital of Hormozgan University of Medical Sciences. Patients with acute renal failure, hypercalcemia, and those who had received contrast in the last three months were excluded. Using Abbott i1000 Instrument, Architect kit and Chemiluminescence method, serum 25-OH vitamin D3 levels were checked in all patients. The patients were divided into three groups according to their vitamin D levels: Group 1: <20 ng/ml, group 2: 20 -50 ng/ml, and group 3: ≥50 ng/ml. Patients were also divided into three groups according to the severity of the disease:

1. Mild-comprising patients that required less than 48 hours of hospitalization, and had no hypoxia (SPO2 ≥90%).
2. Moderate-comprising patients, who were hospitalized ≥48 hours but did not require admission to ICU and did not die.
3. Severe-comprising patients, who required ICU admission and/or those who died.

Indications for ICU admission included SPO2 ≤90% on room air and severe respiratory distress (respiratory rate <30 breaths/min) (22).

The relationship of different levels of vitamin D, as well as the history of diabetes, hypertension, cardiovascular disease, GFR ≤60 mL/min, LDH ≥500 U/L, and lymphocyte count ≤1500, with the severity of the disease and mortality rate, were investigated.

Data collected were analyzed in SPSS version 22, using ANOVA test to examine mean values of quantitative variables and Binary Logistic Regression

to find adjusted Odds Ratio (OR) for factors affecting the severity of the disease.

Results

The present study was conducted on 48 COVID-19 patients with a mean age of 53±17 years. Of the patients, 54% were men and 46% were women, and among them, 33%, had a history of diabetes, 18% of hypertension, 16% of ischemic heart disease (IHD), and 37% of smoking. In 19 patients (39%), vitamin D levels were <20 ng/mL, in 26 patients (54%), were between 20 and 50 ng/mL, and in 3 patients (7%), were >50 ng/ml. Among these 48 participating patients, 5 (10%) died. Patients were divided into three groups according to the severity of the disease: Mild group: Patients that required less than 48 hours of hospitalization. This group included 3 patients (6%). Moderate group: Who were hospitalized ≥48 hours but did not require admission to ICU. This group consisted of 38 patients (79%). Severe group: Patients who required ICU admission and/or those who died. This

group included 7 patients (16%).

The mean age was 50±15 years in the group with severe disease, 54±17 years in the group of moderate disease, and 44±30 years in the group of mild disease, with a significant difference among them (P-value≤0.001) (Table 1). Men comprised 43% of the patients in the severe group, 57% in the moderate group, and 33% in the mild group (P-value=0.01) (Table 1).

There was a significant relationship between the severity of the disease and diabetes (P value=0.01), hypertension (P-value=0.02), and IHD (P-value<0.001) (Table 1). In the severe group, LDH ≥500 U/L was detected in 72% of the patients, 31% in the moderate group, and 0% in the mild group. LDH ≥500 U/L had a significant relationship with the severity of the disease (P-value=0.04) (Table 1). A lymphocyte count of less than 1500 was present in 100% of the patients with severe disease, 65% with moderate disease, and 33% with mild disease, constituting a significant relationship (P=0.03) (Table 1).

Table 1. The relationship between the severity of the disease and the variables of age, gender, smoking, blood pressure, diabetes, and Vitamin D

Variables	Mild Group		Moderate Group		Sever Group		P-value	Pearson's R
Age Mean±SD	44±30		54±17		50±15		<0.001	..
Gender								0.027
Male	1	33%	22	57%	3	43%	0.01	
Female	2	67%	16	43%	4	57%		
Smoking								0.019
Yes	1	33%	14	36%	3	43%	0.02	
No	2	67%	24	64%	4	75%		
DM								0.012
yes	1	33%	6	15%	2	28%	0.01	
no	2	67%	32	85%	5	72%		
Hypertension								0/024
YES	1	33%	15	40%	1	15%	0.02	
NO	2	67%	23	60%	6	85%		
IHD								0.031
Yes	1	34%	6	16%	1	15%	<0.0	
No	2	66%	32	84%	6	85%	01	
Vit. D (ng/ml)								0.026
≤20	0	0%	13	34%	6	85%		
20-50	3	100%	22	57%	1	15%	<0.0	
≥50	0	0%	3	9%	0	0%	01	
LDH (U/L)								0.034
500≥	0	0%	12	31%	5	72%	0.04	
<500	3	100%	26	69%	2	28%		
GFR (mL/min)								..
≤60	0	0%	4	10%	6	85%	0.00	

>60	3	100%	34	90%	1	15%	1	
Lymph. Count								0.028
1500≤	1	33%	25	65%	7	100%	0.03	
>1500	2	67%	13	35%	0	0%	7	

In the present study, 85% of the patients from the severe group, 34% from the moderate group, and 0% from the mild group had vitamin D levels <20 ng/mL, with a significant relationship between vitamin D level and the severity of the disease (P value <0.001) (Table 1). Furthermore, in 85% of the patients in the severe group, 10% in the moderate group, and 0% in the mild group, GFR mL/min was ≤60, and the relationship

between GFR and the severity of the disease was significant (P-value=0.001) (Table 1).

In the present study, Vitamin D <20 ng/mL (P-value=0.001, adjusted OR=2.4); GFR ≤60 mL/min (P-value=0.02, adjusted OR=3.6); IHD (P-value=0.04, adjusted OR=2.8); LDH ≥500 U/L (P-value=0.027, adjusted OR=1.8) and lymphocyte count <1500 (P-value=0.002, adjusted OR=2.2) were shown to affect patient mortality (Table 2).

Table 2. The factors affecting the patient's mortality

Variables	P-value	Adjusted OR
Vitamin D<20 ng/mL	0.001	2.4
GFR≤60 mL/min	0.02	3.6
Ischemic Heart Disease	0.04	2.8
LDH≥500 U/L	0.027	1.8
Lymph≤1500	0.002	2.2
DM	0.2	---
Hypertension	0.7	---

Discussion

The results of the present study revealed a significant relationship between vitamin D levels <20 ng/mL and the severity of COVID-19 and patient mortality (P-value<0.001, adjusted OR=2.4), respectively. Moreover, diabetes (P-value=0.01), hypertension (P-value=0.02), and IHD (P<0.001) showed a significant relationship with the severity of the disease. Factors affecting patient mortality were GFR ≤60 mL/min (P-value=0.02, adjusted OR=3.6), IHD (P-value=0.04, adjusted OR=2.8); LDH ≥500 U/L (P-value=0.027, adjusted OR=1.8) and lymphocyte count <1500 (P-value=0.002, adjusted OR=2.2).

The results from animal studies suggest that vitamin D deficiency has a role in increasing the Renin-Angiotensin-Aldosterone System (RAAS) activity and pro-fibrotic factors.(8). Other studies have shown that

the level of angiotensin 2 significantly increases in COVID-19 patients in association with the viral load (25). SARS-COV-2 may also increase RAAS activity by binding to the ACE2 receptor, thereby causing cell damage in the lungs and other organs (6). The effect of vitamin D on other respiratory infections has been previously studied (26, 27). Despite finding a 6% reduction in the risk of respiratory tract infection in patients taking vitamin D supplements, a meta-analysis conducted by Vuichard Gysin et al. failed to reach a significant level due to heterogeneity and poor data quality (27). A study conducted by Martineau et al. showed a significant reduction in the risk of respiratory tract infection in patients taking vitamin D supplements (26). In some of the mentioned studies, the baseline vitamin D levels were measured, but the severity of the disease related to vitamin D levels was not investigated.

So far, different studies have been published on the effect of vitamin D on COVID-19. (18, 20–24) In line with the results of the present study, D'Avolio et al. showed lower levels of vitamin D in SARS-Cov-2 patients with positive PCR results.(18). The present study showed the effect of vitamin D on COVID-19 severity and mortality (P-value<0.001, adjusted OR= 2.4).

The results of the present study also showed a significant relationship between IHD and mortality in COVID-19 patients (P-value=0.04, adjusted OR=2.8). These results confirm the findings of other investigators regarding the effect of the underlying cardiovascular diseases on COVID-19. (28, 29). Inciardi et al. showed significantly poorer prognosis in COVID-19 patients with a history of heart diseases compared to those without such a history (28). These results emphasize the need for greater vigilance in the care of COVID-19 patients with a history of heart diseases. The relationship between other underlying diseases such as diabetes and hypertension, and the mortality of COVID-19 patients were not measurable due to the small sample size.

In the present study, LDH ≥ 500 U/L had a significant relationship with the COVID-19 patient mortality rate (P-value=0.027, adjusted OR=1.8). Aggravation of COVID-19 with the increase in LDH levels has been reported in other studies.(30–32). A study conducted by Zhao et al. reported a significant increase in LDH levels in COVID-19 pneumonia compared to the non-COVID-19 group and suggested the use of LDH as a marker for evaluating COVID-19 patients (32).

Results of the present study further showed a significant relationship between a reduced lymphocyte count and the mortality rate in COVID-19 for lymphocyte counts ≤ 1500 (P-value=0.02, adjusted OR=2.2). This finding concurs with the result of other investigations. Other studies have further reported reduced lymphocyte count with increased total leukocytes in severe COVID-19. (33,34). The present study also showed a significant relationship between GFR ≤ 60 mL/min and an increased rate of mortality in

COVID-19 patients. Similarly, other studies have found a significant relationship between the reduction in GFR and an increase in mortality rate in COVID-19 patients, which confirms the results of the present study.(35, 36).

The present study had several limitations including the small sample size, which reduced the statistical power in the analysis for some comorbidities in COVID-19 patients. Moreover, the patients' specific habits, lifestyle, diet, and exposure to sunlight were not investigated. In the present study, the pathological mechanisms underlying the effect of vitamin D on the severity of COVID-19 were not addressed, and thus, further studies on immune factors and other elements involved in vitamin D metabolism in these patients are recommended. Moreover, results of the present study do not elucidate the molecular mechanisms of action of vitamin D in preventing cell damage. However, earlier studies point to the possible role of vitamin D in the suppression of RAAS in these patients (6). Like Caccialanza et al., we recommend the correction and normalization of vitamin D levels in patients infected with SARS-COV-2 (37). Furthermore, the correction of vitamin D levels in uninfected people is also recommended as a possible preventive measure for reducing the risk during the COVID-19 pandemic.

Conclusion

The present study showed a significant relationship between vitamin D deficiency and COVID-19 severity and mortality. Further studies are recommended to investigate the protective mechanism of vitamin D against COVID-19 and the effect of geographic variations. Nonetheless, the results of the present study can be used in health policy-making and prevention during the COVID-19 pandemic.

Acknowledgments

This work supported by Clinical Research Development Center of Hormozgan University of Medical Sciences, Bandar-Abbas, Iran. We are sincerely thankful to our counsellors and Miss Tayyebeh Zareii in Clinical Research Development Center of Shahid Mohammadi Hospital.

Conflict of interest

The authors have no conflict of interest in this study.

References

- Cucinotta D, Vanelli M. WHO declares COVID-19 a pandemic. *Acta Biomedica* 2020;91(1):157–60.
- Gorbalenya AE, Baker SC, Baric RS, de Groot RJ, Drosten C, Gulyaeva AA, et al. The species Severe acute respiratory syndrome-related coronavirus: classifying 2019-nCoV and naming it SARS-CoV-2. *Nat Microbiol* 2020;5(4):536–44.
- Rhodes JM, Subramanian S, Laird E, Kenny RA. Editorial: low population mortality from COVID-19 in countries south of latitude 35 degrees North supports vitamin D as a factor determining severity. *Aliment Pharmacol Ther* 2020;51(12):1434–7.
- Garg M, Al-Ani A, Mitchell H, Hendy P, Christensen B. Editorial: low population mortality from COVID-19 in countries south of latitude 35 degrees North—supports vitamin D as a factor determining severity. Authors' reply. *Aliment Pharmacol Ther* 2020;51(12):1438–9.
- Chen T, Wu D, Chen H, Yan W, Yang D, Chen G, et al. Clinical characteristics of 113 deceased patients with coronavirus disease 2019: Retrospective study. *The BMJ* 2020 Mar 26;368:m1091.
- Vaduganathan M, Vardeny O, Michel T, McMurray JJV, Pfeffer MA, Solomon SD. Renin-angiotensin-aldosterone system inhibitors in patients with covid-19. *N Engl J Med* 2020 Apr 23;382(17):1653–9.
- Mansur J. Letter: low population mortality from COVID-19 in countries south of latitude 35 degrees North supports vitamin D as a factor determining severity. *Aliment Pharmacol Ther* 2020 Jul;52(2):411-2.
- Shi Y, Liu T, Yao L, Xing Y, Zhao X, Fu J, et al. Chronic vitamin D deficiency induces lung fibrosis through activation of the renin-angiotensin system. *Sci Rep* 2017;(36):1–10.
- Margarita V, Giménez M, Inserra F, Tajer CD, Mariani J. Lungs as target of COVID-19 infection: Protective common molecular mechanisms of vitamin D and melatonin as a new potential synergistic treatment. *Life Sci* 2020 Aug 1;254:117808.
- Grant WB, Lahore H, McDonnell SL, Baggerly CA, French CB, Aliano JL, et al. Evidence that vitamin d supplementation could reduce risk of influenza and covid-19 infections and deaths. *Nutrients* 2020;12(4):1–19.
- Infusino F, Marazzato M, Mancone M, Fedele F, Mastroianni CM, Severino P, et al. Diet Supplementation, Probiotics, and Nutraceuticals in SARS-CoV-2 Infection: A Scoping Review. *Nutrients* 2020 Jun 812(6):1718. Available from: <https://www.mdpi.com/2072-6643/12/6/1718>
- Tsujino I, Ushikoshiinakayama R, Yamazaki T, Matsumoto N, Saito I. Pulmonary activation of vitamin D 3 and preventive effect against interstitial pneumonia. *J Clin Biochem Nutr* 2019;65(3):245–51. Available from: https://www.jstage.jst.go.jp/article/jcbtn/65/3/65_19-48/_article/-char/ja/
- Facchiano A, Facchiano A, Bartoli M, Ricci A, Facchiano F. Reply to Jakovac: About COVID-19 and vitamin D. *Am J Physiol Endocrinol Metab* 2020 Jun 1;318(6):E838.
- Daly RM, Gagnon C, Lu ZX, Magliano DJ, Dunstan DW, Sikaris KA, et al. Prevalence of vitamin D deficiency and its determinants in Australian adults aged 25 years and older: A national, population-based study. *Clin Endocrinol* 2012;77(1):26–35.
- Chapuy MC, Preziosi P, Maamer M, Arnaud S, Galan P, Hercberg S, et al. Prevalence of vitamin D insufficiency in an adult normal population. *Osteoporos Int* 1997;7(5):439–43.
- Tian Y, Rong L. Letter: Covid-19, and vitamin D. Authors' reply. *Aliment. Pharmacol. Ther* 2020;51(10):995–6.
- Panarese A, Shahini E. Letter: Covid-19, and vitamin D. *Aliment. Pharmacol. Ther* 2020;51(10):993–5.
- D'avolio A, Avataneo V, Manca A, Cusato J, de Nicolò A, Lucchini R, et al. 25-hydroxyvitamin D concentrations are lower in patients with positive PCR for SARS-CoV-2. *Nutrients* 2020;12(5):1–7.
- Fasano A, Cereda E, Barichella M, Cassani E, Ferri V, Zecchinelli AL, Pezzoli G. COVID-19 in Parkinson's

- disease patients living in Lombardy, Italy. *Mov Disord* 2020 Jul;35(7):1089-93.
20. Hastie CE, Mackay DF, Ho F, Celis-Morales CA, Katikireddi SV, Niedzwiedz CL, et al. Vitamin D concentrations and COVID-19 infection in UK Biobank. *Diabetes Metab Syndr* 2020 Jul-Aug;14(4):561-5.
 21. Raisi-Estabragh Z, McCracken C, Bethell MS, et al. Greater risk of severe COVID-19 in Black, Asian and Minority Ethnic populations is not explained by cardiometabolic, socioeconomic or behavioural factors, or by 25 (OH)-vitamin D status: study of 1326 cases from the UK Biobank. *J Public Health* 2020 Aug 18;42(3):451-60. Available from: <https://academic.oup.com/jpubhealth/article-abstract/doi/10.1093/pubmed/fdaa095/5859581>
 22. Tehrani S, Khabiri N, Moradi H, Mosavat MS, Khabiri SS. Evaluation of vitamin D levels in COVID-19 patients referred to Labafinejad Hospital in Tehran and its relationship with disease severity and mortality. *Clin Nutr ESPEN* 2021 Apr 1; 42:313–7.
 23. Mariani J, Giménez VMM, Bergam I, Tajer C, Antonietti L, Insera F, et al. Association between Vitamin D efficiency and COVID-19 Incidence , Complications, and Mortality in 46 Countries : An ecological Study . *Health Secur* 2020 Dec 14 [cited 2021 May 27]; Available from: www.liebertpub.com
 24. Akbar MR, Wibowo A, Pranata R, Setiabudiawan B. Low Serum 25-hydroxyvitamin D (Vitamin D) Level Is Associated With Susceptibility to COVID-19, Severity, and Mortality: A Systematic Review and Meta-Analysis. *Front Nutr* 2021 Mar 29;8:131. Available from: www.frontiersin.org
 25. Liu Y, Yang Y, Zhang C, Huang F, Wang F, Yuan J, et al. Clinical and biochemical indexes from 2019-nCoV infected patients linked to viral loads and lung injury. *Sci China Life Sci* 2020;63(3):364–74.
 26. Martineau AR, Jolliffe DA, Hooper RL, Greenberg L, Aloia JF, Bergman P, et al. Vitamin D supplementation to prevent acute respiratory tract infections: Systematic review and meta-analysis of individual participant data. *BMJ* 2017;356.
 27. Gysin DV, Dao D, Gysin CM, Lytvyn L. Effect of Vitamin D3 Supplementation on Respiratory Tract Infections in Healthy Individuals : A Systematic Review and Meta- Analysis of Randomized Controlled Trials. *PLoS One* 2016 Sep 15;11(9):e0162996.
 28. Inciardi RM, Adamo M, Lupi L, Cani DS, di Pasquale M, Tomasoni D, et al. Characteristics and outcomes of patients hospitalized for COVID-19 and cardiac disease in Northern Italy. *Eur Heart J* 2020;41(19):1821–9.
 29. Du Y, Tu L, Zhu P, Mu M, Wang R, Yang P, et al. Clinical Features of 85 Fatal Cases of COVID-19 from Wuhan. A Retrospective Observational Study. *Am J Respir Crit Care Med* 2020;201(11):1372–9.
 30. Zheng Z, D M, Peng F, D B, Xu B, D M, et al. Risk factors of critical & mortal COVID-19 cases: A systematic literature review and meta-analysis. *J Infect* 2020 Aug;81(2):e16-e25.
 31. Wang F, Wang H, Liang K, Deng L, Luo M, Mo P. Clinical characteristics of refractory COVID-19 pneumonia in Wuhan , China. *Clin Infect Dis* 2021 Dec 6;73(11):e4208-e13.
 32. Zhao D, Yao F, Wang L, Zheng L, Gao Y, Ye J, et al. A comparative study on the clinical features of COVID-19 pneumonia to other pneumonias. *Clin Infect Dis* 2020 Jul 28;71(15):756-61.
 33. Qin C, Zhou L, Hu Z, Zhang S, Yang S, Tao Y, et al. Dysregulation of immune response in patients with COVID-19 in Wuhan, China. *Clin Infect Dis* 2020 Jul 28;71(15):762-8.
 34. Henry BM, Helena M, Oliveira S de, Benoit S. Hematologic , biochemical and immune biomarker abnormalities associated with severe illness and mortality in coronavirus disease 2019 (COVID-19): a meta-analysis. *Clin Chem Lab Med* 2020 Jun 25;58(7):1021-8. doi: 10.1515/cclm-2020-0369. 2020;58(7):1021–8.
 35. Wang K, Zuo P, Liu Y, Zhang M, Zhao X, Xie S, et al. Clinical and Laboratory Predictors of In-Hospital Mortality in 305 Patients with COVID-19: A Cohort Study in Wuhan, China. *BMC Infect Dis* 2020 Dec 10;20(1):943.
 36. Cheng Y, Luo R, Wang K, Zhang M, Wang Z, Dong L, et al. Kidney disease is associated with in-hospital death of patients with COVID-19. *Kidney Int* 2020 May;97(5):829-38.

37. Caccialanza R, Laviano A, Lobascio F, Montagna E, Bruno R, Ludovisi S, et al. Early nutritional supplementation in non-critically ill patients hospitalized for the 2019 novel coronavirus disease (COVID-19): Rationale and feasibility of a shared pragmatic protocol. *Nutrition* 2020 Jun;74:110835.

Copyright © 2022 Journal of Research in Applied and Basic Medical Sciences

This is an open-access article distributed under the terms of the Creative Commons Attribution-noncommercial 4.0 International License which permits copy and redistribute the material just in noncommercial usages, provided the original work is properly cited.