

Analyses of the five studies listed on the Rimrock Wellness Center’s website on 12/31/21 regarding its “Immune Support Pack”

By Anne Landman

Study #1: Immune Modulatory Effects of Vitamin D on Viral Infections <https://pubmed.ncbi.nlm.nih.gov/32967126/>

— RE: Vitamin D and Covid-19: “Currently, data that directly correlate the effect of vitamin D on the susceptibility and severity of Covid-19 are lacking, but since vitamin D has multiple effects on the immune system, it is likely to be involved in modulating the immune response against SARS-CoV-2.” — It is “likely” to help is not a resounding or conclusive endorsement of effect.

Study #2: Does vitamin D deficiency increase the severity of COVID-19? <https://pubmed.ncbi.nlm.nih.gov/32503801>

— Paper says it is important to note that high doses of Vitamin D can be toxic. The daily recommended dose of Vitamin D is 400 International Units (IU)/day, according to the Mayo Clinic: <https://www.mayoclinic.org/drugs-supplements-vitamin-d/art-20363792> ... Rimrock Wellness Center’s “Immune Support Pack” contains 5000 IU of Vitamin D3, recommended to be taken each day — four times the recommended daily dose.

Study #3: Potential Clinical Benefits of Quercetin in the Early Stage of COVID-19: Results of a Second, Pilot, Randomized, Controlled

and Open-Label Clinical Trial <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8238537/>

—This was a study done on 42 people in Pakistan with mild cases of Covid-19. The study authors divided them into 2 groups of 21 people each. One group received regular “standard of care” treatment for Covid-19, the other group got the same “standard of care” treatment plus quercetin. The study found slightly more people who got quercetin took less time to convert back to a negative Covid test as they recovered. All patients had mild cases of Covid-19.

Study #4: Could Zinc Help Fight COVID-19? <https://www.webmd.com/lung/news/20200923/could-zinc-help-fight-covid-19>

—Haitz does not provide a link to the study itself, just a WebMD article about it. A copy of the original study itself was not easily available, but I did find a more thorough analysis of the original study. The conclusion of this analysis stated no cause and effect was found regarding zinc and Covid-19.

The author said in a news conference that his findings cannot prove any cause and effect of Zinc on Covid-19, and since his group was relatively small, further study was needed “to assess the therapeutic impact of this association.”

The analysis stated that a team of doctors in Spain tracked medical outcomes against the results of lab tests for 249 patients admitted to the hospital with Covid-19 in March and April of 2020. Patients

averaged 63 years of age. Twenty-one of them, or 8%, died from their illness.

The study states, “All of the patients had their blood zinc levels tested upon arrival – the average level was 61 micrograms per deciliter of blood (mcg/dL).

However, among those who died of Covid-19, blood levels of zinc were much lower, averaging just 43 mcg/dL, the researchers reported. In contrast, blood levels among those who survived the illness averaged 63 mcg/dL.

No proven cause and effect

Also, higher levels of zinc in the blood were tied to lower levels of pro-inflammatory proteins when patients were infected, the Spanish researchers said.

Overall, and after adjusting for factors such as age, gender, illness severity and treatments received, every unit increase of zinc in the blood was tied to a 7% lowering of the odds that a patient would die while in the hospital, the study found.

Still, the finding can't prove cause and effect, and the study group was relatively small, so "further studies are needed to assess the therapeutic impact of this association," Guerri-Fernandez and his colleagues said in a conference news release.

Vitamin C and COVID-19 <https://www.frontiersin.org/articles/10.3389/fmed.2020.559811/full>

—Study’s conclusion states, “Although there is as yet no direct evidence indicating that vitamin C is beneficial specifically against

COVID-19, the reported benefits of Vitamin C in the ICU [Intensive Care Unit] context suggest that it could be considered for patients. Based on the dose vs. plasma level analyses, it is unlikely that a healthy person would benefit from daily Vitamin C doses over 0.5 g/day.” (0.5 mg is half a gram).

—Rimrock Wellness Center’s Immune Pack contains 1,000 mg of Vitamin C — 11 times the dose the Mayo Clinic says a normal adult needs, which is just 65 to 90 milligrams (mg) a day. Moreover, most people can easily get enough Vitamin C in their diet if they eat fresh fruits and vegetables fairly regularly. For most people, the necessary daily amount of Vitamin C can be obtained by eating an orange, a cup of strawberries, a chopped red pepper, or some broccoli.

In short, Rimrock Wellness Center is selling a supplement that will have little to no appreciable effect on whether or not you contract Covid-19, and if you do, how severe your case will be, or what your recovery time is likely to be.