

University of Groningen

Letter to the editor

Graaff, Reindert; Eggersdorfer, Manfred L.

Published in:
Clinical Nutrition ESPEN

DOI:
[10.1016/j.clnesp.2022.12.001](https://doi.org/10.1016/j.clnesp.2022.12.001)

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version
Publisher's PDF, also known as Version of record

Publication date:
2023

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Graaff, R., & Eggersdorfer, M. L. (2023). Letter to the editor: "Clinical significance of micronutrient supplements in patients with coronavirus disease 2019: A comprehensive systematic review and meta-Analysis". *Clinical Nutrition ESPEN*, 53, 274. <https://doi.org/10.1016/j.clnesp.2022.12.001>

Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

The publication may also be distributed here under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license. More information can be found on the University of Groningen website: <https://www.rug.nl/library/open-access/self-archiving-pure/taverne-amendment>.

Take-down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.



Contents lists available at ScienceDirect

Clinical Nutrition ESPEN

journal homepage: <http://www.clinicalnutritionespen.com>

Letter to the Editor

Letter to the editor: “Clinical significance of micronutrient supplements in patients with coronavirus disease 2019: A comprehensive systematic review and meta-Analysis”

**Keywords:**

Micronutrients
Vitamin C
Vitamin D
Zinc
Clinical significance

The recent interesting article by Azizullah Beran and colleagues reviewed the clinical significance of the micronutrient supplements vitamin C, vitamin D and zinc as treatment options in coronavirus disease 2019, and performed meta-analyses. Based on these meta-analyses they concluded that the mentioned supplementations were not associated with a mortality benefit in COVID-19 [1].

The reported results of the meta-analyses by Beran et al. for supplementation with vitamin D and/or zinc were close to a significant advantage. However, we noted that an error was probably made in their Table 3 and Figure 3 with respect to the inclusion of the data of Cédric Annweiler et al. (2020), who compared a treatment group of 57 subjects with a control group of only 9 subjects. The reported mortality in these groups were 10 and 5 subjects, respectively [2]. That study showed a (significant) benefit for treatment with vitamin D, in contrast to the disadvantage that was report by Beran et al.

1. Conclusion

A mistake in the meta-analyses of Beran et al. influences the results and probably the outcome of the study. Therefore, updates of the meta-analyses on vitamin D in Figure 3A, B and 3D are needed, which might influence the results, outcome and conclusions of the study.

Funding statement

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

Author contributions

Reindert Graaff: Conceptualization, Methodology, Validation, Formal analysis, writing-original draft
Manfred eggersdorfer
Writing - Review and Editing and Supervision.

Declaration of competing interest

There is no conflict of interest with respect to this work.

References

- [1] Beran A, Mhanna M, Srour O, Ayes H, Steward JM, Hjouj M, et al. Clinical significance of micronutrient supplements in patients with coronavirus disease 2019: a comprehensive systematic review and meta-analysis. *Clinical Nutrition ESPEN*; 2021. <https://doi.org/10.1016/j.clnesp.2021.12.033>.
- [2] Annweiler C, Hanotte B, Grandin de l'Eprevier C, Sabatier J-M, Lafaie L, Célarier T. Vitamin D and survival in COVID-19 patients: a quasi-experimental study. *J Steroid Biochem Mol Biol* 2020;204. <https://doi.org/10.1016/j.jsbmb.2020.105771>.

Reindert Graaff*

University Medical Centre Groningen and University of Groningen, the Netherlands Fultsemaheerd 16, 9736CN Groningen, the Netherlands

Manfred L. Eggersdorfer
University Medical Centre Groningen, the Netherlands

Department of Internal Medicine, Münchwilerstrasse 20, 4332, Stein,
Switzerland

E-mail addresses: dr.eggersdorfer@gmail.com,
m.l.eggersdorfer@umcg.nl

* Corresponding author.

E-mail addresses: r-graaff@home.nl, r.graaff@umcg.nl (R. Graaff).

5 May 2022