



ASIA PACIFIC CENTER FOR
EVIDENCE BASED HEALTHCARE

Should B Vitamins be used in the treatment of COVID-19?

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KEY FINDINGS

There is currently insufficient evidence regarding the effectiveness of B Vitamins in the treatment of COVID-19. Studies on other vitamins are being done, but not on B Vitamins.

- B vitamins are water-soluble vitamins that seems to play a major role in the body's immune system.
- There are currently no evidence for its use on COVID-19 patients, and no trials are ongoing to test its effects.
- B vitamins are generally considered safe as any excess is excreted in the urine, but still large doses should not be taken.
- There is no mention of B vitamins in the WHO Interim Guidance, US CDC Clinical Interim Guidelines and Chinese Clinical Guidance for COVID-19 management.

Disclaimer: The aim of these rapid reviews is to retrieve, appraise, summarize and update the available evidence on COVID-related health technology. The reviews have not been externally peer-reviewed; they should not replace individual clinical judgement and the sources cited should be checked. The views expressed represent the views of the authors and not necessarily those of their host institutions. The views are not a substitute for professional medical advice.

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RESULTS

As of this date, there are no clinical trials specifically exploring the effect of B vitamins on patients infected with COVID-19. In 2016 there was a study by Kiel that showed that riboflavin and UV light effectively reduced the titer of MERS-CoV in human plasma suggesting that this treatment may reduce the risk of transfusion transmission in both platelet and plasma products.¹⁰ However, this was not a clinical trial.

CONCLUSION

As of this writing, there is insufficient evidence regarding the effectiveness of B vitamins for COVID-19 patients and there are currently no ongoing trials on the topic.

Declaration of Conflict of Interest

No conflict of interest

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