

# THE MINORITY REPORT

The Higher Risk Posed by Covid-19 in BAME Populations and Potential Nutrition and Supplement Solutions

Nina Sabat, BScHons DipNT Registered Nutritional Therapist

## Potential contributor to vulnerability: LOW VITAMIN D STATUS

If you are of BAME heritage, live in the UK, and are concerned about your vitamin status, a good quality supplement could help address potentially low vitamin D levels.



Better You D-lux 3000; 3000IU per spray - convenient to use, but check older family members can press the spray firmly enough



Biocare Biomulsion D; 1000IU per drop - easy to use, flexible dosing



Nature's Plus Source of Life Garden Vitamin D; 2500IU per capsule - organic and vegan in easy-to-swallow capsules

## Influence on vitamin D activation and activity: MAGNESIUM

There could also be a place for magnesium on your supplement list. More commonly known as 'nature's tranquilliser', reviews highlight how magnesium helps your body make and use vitamin D



Viridian Magnesium Citrate - powdered magnesium which is easy to dose



Together Health Marine Magnesium - ease to swallow capsules in a lightweight pouch



Wild Nutrition Food-Grown Magnesium - a food sourced magnesium in capsules



Better You Magnesium Gel - absorbed across the skin for those who find swallowing capsules and tablets difficult

## Identified risk factors for severe illness: OBESITY & TYPE 2 DIABETES

As for addressing obesity or type 2 diabetes, there is no magic pill to transport you to your goal. However, a nutritionally-based approach for improved carbohydrate management could be the most practical first step to take at home. Your aim here is to encourage improved metabolic function, by controlling your insulin and blood glucose levels.

**Following 'The Rule of 4' is my really simple way to fill your plate with the best types of foods to help you reach these goals.**

Head online to join the Nutrition with Nina HealthHub and be first to hear about 'The Rule of 4' in the June e-blast.