The pharmaceutical Industry knows Vitamin D saves lives and reduces death from many diseases including COVID, Flu, Cancer, Diabetes, Heart Disease and many more. Vitamin D reduces joint pain, backache, tooth decay, broken bones, fatigue, depression, gout, MS, muscle cramps.

To mislead you they started using International Units to measure Vitamin D instead of Milligrams (mg) to create big numbers that sound really scary. One microgram is one millionth of a gram and one thousandth of a milligram. It is usually abbreviated as mcg or ug.

The UK RDA for Vitamin D is only 400IU
To see real benefits from Vitamin D you need to take around 5,000iu per day

400IU is only 10 mcg (0.00001g)
5,000IU is only 125 mcg (0.000125g)

To ingest just 1 gram of Vitamin D at 5,000IU per day would take you 22 years
To ingest just 1 gram of Vitamin D at 400IU per day would take you 274 years

Latest studies are suggesting if you take around 5,000iu per day of Vitamin D and get your levels upto 50 ng/mL your chances of dying from COVID is almost zero