



Nutritional deficiencies and long COVID: correspondence

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Dear Editor, we would like to share ideas on the publication “Nutritional deficiencies that may predispose to long COVID (Schloss 2023).” According to Schloss, these crucial minerals, such as zinc, are needed for viral replication and the growth of immune-competent cells that are important for the host response (Schloss 2023). According to clinical trials, levels of more than 22 different dietary components have been associated to both the chance of contracting COVID-19 and the severity of the illness, as reported by Schloss (Schloss 2023). Schloss came to the conclusion that those who have a higher risk of MND-related infection also have a higher likelihood of developing Long COVID (Schloss 2023). Long-COVID-19 has a problem that has to be fixed immediately. There are still more urgent problems that require attention. The patient's earlier, apparent clinical diagnosis was validated by COVID-19, although there is still a possibility that the patient has unidentified co-morbid disorders. While it is understandable that dietary inadequacies could increase the risk of extended COVID-19, it is important to consider other potential concomitant clinical issues. Schloss (2023) concentrated mostly on nutritional issues, but there is still a possibility that there were additional clinical issues that weren't related to diet and that they contributed to the lengthy COVID.

Moreover, the patient might be affected by a second COVID-19 (Haq et al. 2021). The clinical symptom that is perceived as a lengthy COVID clinical presentation may really be the second COVID-19's clinical presentation. A solid set of time reference points is needed for the characterization of clinical symptoms that appear after a COVID-19

infection. Additionally, the classification incorporates hospitalization information as well as risk factors for post-COVID symptoms, both intrinsic and extrinsic. Also, it's vital to discuss earlier vaccines. There must be adequate data to reach a conclusion about how the illness affects health problems. There should be sufficient knowledge. It is possible to believe that protracted COVID, also referred to as extended COVID-19, is not the primary source of the symptoms that an illness patient experiences.

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Data Availability There is no new data generated in this study.

Declarations

Conflict of interest None.

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