



European Initiative for the exchange of young officers inspired by Erasmus

Implementation Group

The Chairman

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SARS CoV-2 – Magnesium Research Project

**Originally initiated by the
Polish Naval Academy and the Austrian Theresan Military Academy**

The research is to identify if there is a correlation between the blood Magnesium status and the probability to be infected with SARS CoV-2.

- The design of the research should be clear (ethical commission, volunteers, how to do it, etc.). Please see below.
- The big question is: **Is it worth to start?**
 - Do we have enough probands? – We need some 2,000 ones.
 - Are there enough volunteers from all over Europe? – Just from one or few countries is not enough.
 - Are we early enough before the vaccinations will start? – We need the data before turn of the year, then some months later **without** vaccinations!
 - The blood must be analysed in a laboratory. The additional identification of the Mg-status costs some € 2-3.- per person. Additionally we would be the status of bicarbonate. Therefore, the money should not be the problem.

The research design:

- The samples are needed from all “regions” of Europe (East, West, North, South, Middle).
- During the next IG meeting (16-18 Nov.) the IG Chairman will ask our network to take part in this research (voluntarily of course).
- From each region at least some ~200 samples are needed (the more the better). The ideal sample would be:
 - All must be volunteers.
 - All have to be SARS-CoV-2 negative (also before the sample) – therefore additionally an antigen-test is needed if not done so far.
 - Those ones, who are/were SARS-CoV-2 positive, have to be calculated in a separate group.



- All are asked concerning additional information (allergies, former diseases, blood group, smoker, male/female, age, body mass index, sports, how often meet other people, etc.).
 - All have to be tested concerning their magnesium status and bicarbonate status.
 - The blood (important: venous blood) must be analysed in a laboratory. Therefore, some specialists (medical doctors/nurses) are needed on the spot; they must know how to take the samples.
- **After some months** (April/May 2021) the probands are tested again:
 - If a vaccination will be available until then, they must not be vaccinated!
 - Antigen-test.
 - Magnesium and bicarbonate status.
 - A valid answer can only be given, if out of each region at least 15-20 persons were SARS-CoV-2 positive in comparison to the first sample (to be identified with the antigen-test). That's why the more people are tested, the better, because we cannot assure that out of 200 persons some 15-20 were infected.

If we cannot assure that this number of people is tested – the research is not valid and thus, it is more or less useless.

The proposal is to wait what the outcome of the IG meeting will be – then to do further steps.

This is a basic research – we do not know the outcome – therefore, the more people, the better.

The IG Chairman will propose the research in the plenary on Tuesday, 17 Nov.

Those ones, who are interested in, may join the LoD 14 meeting then.

Col Assoc. Prof. Gell, PhD

