

## About us

CoimbraProtokoll gUG, a non-profit organisation set up by patients in 2019, sees itself as a network for patients, relatives and doctors.

We provide information and support research in order to establish the Coimbra Protocol as a scientifically recognised orthomolecular therapy and to reach more patient groups in the future.

“As many autoimmune patients as possible should have the chance to stop the disease and maybe heal themselves a little – without the serious side effects often associated with medication. This is something we feel very strongly about!”



Christina Kiening and Britta Maier-Peveling with Prof. Dr. Cicero G. Coimbra



„Liebe und Licht“ (love and light) by Noah Wunsch

The Coimbra Protocol network works on a voluntary basis. As the organiser of the study on “Gene Expression Under High-Dose Vitamin D Therapy: The Coimbra Protocol”, it needs to raise EUR 950,000.

### Please Donate

Your donation will support our work for the scientific recognition of high-dose vitamin D therapy, so that more patients can look forward to a brighter future!

Thank you!!



[www.coimbraprotokoll.de/en/donate/](http://www.coimbraprotokoll.de/en/donate/)

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CoimbraProtokoll

High-dose vitamin D  
for  
autoimmune diseases

Orthomolecular therapy  
under medical supervision  
by Prof. Dr. Cicero G. Coimbra

Information provided by  
the Coimbra Protocol network.

## What is the Coimbra Protocol?

The Coimbra Protocol is a term used to describe the treatment of autoimmune diseases with ultra-high doses of vitamin D under medical supervision, in which the doses are individually adjusted to be effective and safe for the patient.

Additional dietary supplements (cofactors) and stress-prevention methods support the treatment.

The aim is to remedy the vitamin D resistance that exists in patients with autoimmune diseases and, consequently, to correct the immune system malfunction.

This is why Prof. Coimbra emphasises:

*“We are not treating this disease or that disease with vitamin D; we are treating the immune system.”*

Vitamin D is the key to regulating the immune system and is being used to treat patients by more than 140 protocol doctors around the world.

The up-to-date list of certified protocol doctors in the German-speaking world can be found at:  
[www.coimbraprotokoll.de/coimbraprotokoll\\_aerzte](http://www.coimbraprotokoll.de/coimbraprotokoll_aerzte)

## The Coimbra Protocol

The Coimbra Protocol originated with Prof. Cicero G. Coimbra, a doctor of internal medicine and neurology, who is also a biochemist and a professor at the Federal University of São Paulo in Brazil.

He has been using individually adjusted – and sometimes extremely high – doses of vitamin D for many years with success.

*“The immune system is totally reliant on a sufficient supply of vitamin D.*

*If this key immune regulator is missing (...), the immune system does what it's not supposed to do: it attacks the body's own cells, resulting in autoimmune disease. At the same time, it stops doing what it is supposed to do: it stops defending our organism against infection.”*



## Scientific studies

### “The Coimbra Protocol in MS”

A three-year observational study of 100 MS patients at the NeuroCure Research Center of the Charité university hospital in Berlin.

Led by: Prof. Friedemann Paul, starts January 2021

The aim is to gather data on the effectiveness and safety of the treatment.

### “Gene Expression Under High-Dose Vitamin D Therapy: The Coimbra Protocol”

A four-year additional study by the Charité university hospital in Berlin (Prof. Friedemann Paul) and the University of Eastern Finland in Kuopio (Prof. Carsten Carlberg).

The aim is to investigate the modes of action: How does high-dose vitamin D therapy influence the immune system at the genetic level and how does it affect the course of the disease?

Details of both studies can be found here:  
[www.coimbraprotokoll.de/en/projects](http://www.coimbraprotokoll.de/en/projects)