

Reduced vitamin K status as a potentially modifiable risk factor of severe COVID-19

Anton S.M. Dofferhoff^{1*}, M.D., Ianthe Piscaer^{2*}, M.D., Leon J. Schurgers^{3*}, PhD, Margot P.J. Visser^{4*}, M.D., Jody M.W. van den Ouweland⁵, Ph.D., Pim A. de Jong⁶, M.D., Reinoud Gosens⁷, Ph.D., Tilman M. Hackeng³, Ph.D., Henny van Daal⁵, Petra Lux³, Cecile Maassen³, Esther G.A. Karssemeijer¹, M.D., Cees Vermeer³, Ph.D., Emiel F.M. Wouters^{2,8}, M.D., Loes E.M. Kistemaker⁹, Ph.D., Jona Walk^{1**}, M.D., Rob Janssen^{4**}, M.D.

¹Department of Internal Medicine, Canisius-Wilhelmina Hospital, Nijmegen, The Netherlands;

²Department of Respiratory Medicine, Maastricht University Medical Center+, Maastricht, The

Netherlands; ³Department of Biochemistry, Cardiovascular Research Institute Maastricht, Maastricht University, Maastricht, The Netherlands; ⁴Department of Pulmonary Medicine, Canisius-Wilhelmina

Hospital, Nijmegen, The Netherlands; ⁵Department of Clinical Chemistry, Canisius-Wilhelmina

Hospital, Nijmegen, The Netherlands; ⁶Department of Radiology, University Medical Center Utrecht

and Utrecht University, The Netherlands; ⁷Department of Molecular Pharmacology, University of

Groningen, Groningen, The Netherlands; ⁸Ludwig Boltzmann Institute for Lung Health, Vienna,

Austria; ⁹Aquilo BV, Groningen, The Netherlands

* and ** authors contributed equally to this manuscript

Correspondence:

Jona Walk, M.D., Department of Internal Medicine, Canisius-Wilhelmina Hospital, Weg door

Jonkerbos 100, 6532 SZ Nijmegen, The Netherlands. Telephone +31-24-3658756. Mail:

jona.walk@cwz.nl

Summary: Indirectly quantified extrahepatic vitamin K status is severely reduced in COVID-19 patients. Data suggest pneumonia-induced vitamin K depletion leading to accelerated elastic fiber damage and thrombosis risk due to impaired vitamin K-dependent activation of MGP and endothelial protein S, respectively.

Accepted Manuscript

Abstract

Background Respiratory failure and thromboembolism are frequent in SARS-CoV-2-infected patients. Vitamin K activates both hepatic coagulation factors and extrahepatic endothelial anticoagulant protein S, required for thrombosis prevention. In times of vitamin K insufficiency, hepatic procoagulant factors are preferentially activated over extrahepatic proteins. Vitamin K also activates matrix Gla protein (MGP), which protects against pulmonary and vascular elastic fiber damage. We hypothesized that vitamin K may be implicated in coronavirus disease 2019 (COVID-19), linking pulmonary and thromboembolic disease.

Methods 135 hospitalized COVID-19 patients were compared with 184 historical controls. Poor outcome was defined as invasive ventilation and/or death. Inactive vitamin K-dependent MGP (dp-ucMGP) and prothrombin (PIVKA-II) were measured, inversely related to extrahepatic and hepatic vitamin K status, respectively. Desmosine was measured to quantify the rate of elastic fiber degradation. Arterial calcification severity was assessed by computed tomography.

Results Dp-ucMGP was elevated in COVID-19 patients compared to controls ($p < 0.001$), with even higher dp-ucMGP in patients with poor outcomes ($p < 0.001$). PIVKA-II was normal in 82.1% of patients. Dp-ucMGP was correlated with desmosine ($p < 0.001$), and coronary artery ($p = 0.002$) and thoracic aortic ($p < 0.001$) calcification scores.

Conclusions Dp-ucMGP was severely increased in COVID-19 patients, indicating extrahepatic vitamin K insufficiency, which was related to poor outcome while hepatic procoagulant factor II remained unaffected. These data suggest a mechanism of pneumonia-induced extrahepatic vitamin K depletion leading to accelerated elastic fiber damage and thrombosis in severe COVID-19 due to impaired activation of MGP and endothelial protein S, respectively. A clinical trial could assess whether vitamin K administration improves COVID-19 outcomes.

Keywords: COVID-19; elastic fibers; factor II; matrix Gla protein; protein S; vitamin K

Introduction

Coronavirus disease 2019 (COVID-19) is caused by severe acute respiratory syndrome (SARS) coronavirus (CoV)-2 [1]. The majority of individuals who contract SARS-CoV-2 have mild symptoms, however, a significant proportion develops respiratory failure due to pneumonia [1]. COVID-19 may also have extrapulmonary manifestations including coagulopathy and venous thromboembolism, which are associated with decreased survival [2]. The mechanisms that activate coagulation in COVID-19 remain incompletely understood.

Coagulation is an intricate balance between clot promoting and dissolving processes in which vitamin K plays a well-known role. Procoagulant factor II (FII; *i.e.* prothrombin) requires vitamin K-dependent carboxylation to fulfil its primary function. Vitamin K is also cofactor of anticoagulant protein S. In contrast to FII, a significant proportion of protein S is extrahepatically synthesized in endothelial cells, which plays a local suppressive role against thrombosis [3]. Vitamin K deficiency results in more severely compromised carboxylation of extrahepatic than of hepatic vitamin K-dependent proteins (figure 1) [4]. This can paradoxically lead to enhanced thrombogenicity in a state of low vitamin K [5].

Matrix Gla protein (MGP) is also vitamin K-dependent but not involved in coagulation [6]. MGP is well-known as a calcification inhibitor in arterial walls [7], but MGP's role in the pulmonary compartment seems to be comparable [8, 9]. Elastic fibers are essential matrix components in lungs and have high calcium affinity [10]. Degradation and mineralization of elastic fibers are interrelated processes [11, 12]. Matrix metalloproteinases (MMPs) synthesis increases parallel with elastic fiber calcification [13], and partially degraded elastic fibers become prone to mineralization [10]. Recent data show that a subset of MMP-producing macrophages is increased in severe SARS-CoV-2 pneumonia [14]. COVID-19 may theoretically be linked to both vitamin K deficiency and elastic fiber metabolism through a series of sequential pathologic steps (figure 2).

required intubation and mechanical ventilation or died. During admission blood was sampled three times per week and EDTA plasma and serum were frozen at -80°C for retrospective analysis.

Dp-ucMGP

Direct quantification of blood vitamin K is not appropriate to assess vitamin K status due to differences in bioavailability and half-life time between the two naturally occurring forms (vitamin K1 and K2). Additionally, the intake of vitamin K2 is too low to measure accurately. Measuring inactive levels of vitamin K-dependent protein in the circulation is a valuable method to quantify the combined deficit of vitamin K1 and K2. Desphospho-uncarboxylated (dp-uc)MGP (inactive MGP) is an appropriate indirect marker of extrahepatic vitamin K status [19, 20]. Subjects with high dp-ucMGP levels have low extrahepatic vitamin K status and *vice versa*.

Circulating dp-ucMGP levels were determined in EDTA plasma using the commercially available IVD chemiluminescent InaKif MGP assay on the IDS-iSYS system (IDS, Boldon, UK) as previously described [21]. The within-run and total precision of this assay were 0.8–6.2% and 3.0–8.2%, respectively. The assay measuring range is between 200–12,000pmol/L and was found to be linear up to 11,651pmol/L. Dp-ucMGP values <300pmol/L are in the normal healthy range and values >500pmol/L reflect vitamin K deficiency [22].

PIVKA-II

Protein induced by vitamin K absence (PIVKA)-II was used to assess hepatic vitamin K status. Subjects with high PIVKA-II levels have low hepatic vitamin K status and *vice versa*. Circulating PIVKA-II levels were measured in serum using a conformation-specific monoclonal antibody in an ELISA-based assay as previously described [23]. The detection limit, as well as upper limit of normal, was 0.15AU/mL [23].

Desmosine

Plasma (p)desmosine and isodesmosine (DES) levels were used as a marker for the rate of elastic fiber degradation [24]. DES are formed during the cross-linking of tropo-elastin polymers and are released in the bloodstream after degradation of elastic fibers [24]. pDES directly reflects the rate of systemic elastic fiber degradation.

DES fractions were measured using liquid chromatography-tandem mass spectrometry as previously described [18, 24]. Coefficient of variations of intra- and inter-assay imprecision were <8.2%, lower limit of quantification of 140ng/L, and assay linearity up to 210,000ng/L.

CT assessment

Thin slice CT scans were acquired by using a Philips Ingenuity multi-detector row scanner (Philips Healthcare). CT images of 1-mm thickness were reconstructed by using iterative model-based reconstruction in the axial plane.

Quantitative measurements of the volume of ground glass and consolidation were undertaken using the Intellispace Portal (COPD package, Intellispace version 10, Philips Healthcare). In the software, first the lungs were segmented from the chest wall and major vessels and main bronchi. Manual adjustments were implemented where required by a board-certified chest radiologist. Subsequently, the lung voxels were counted to derive a total lung volume in milliliters. Diseased lung tissue was defined as those voxels with an attenuation of Hounsfield Units (HU) > -700 as previously defined. The abnormal voxels were expressed as a percentage diseased lung of the total volume. HU value at the 85th percentile was used [25, 26].

Coronary and thoracic aortic calcification (CAC and TAC, respectively) were also quantified in the Intellispace Portal (Heartbeat CS package). Calcifications were defined as areas with a HU of 130 and higher. The calcifications were visually localized up to the arterial wall by a board-certified chest

radiologist and semi-automatically segmented. The volume was used as a measure of calcification burden.

Statistical analysis

Statistical analyses were performed using SPSS (version 24, IBM, Chicago, IL, USA). Analysis of variance (ANOVA) was used to compare dp-ucMGP, pDES and radiological scores between groups. Analysis of covariance (ANCOVA) was used to perform aforementioned analyses: dp-ucMGP, CAC and TAC adjusted for age, sex, and use of VKA, and pDES adjusted for age.

For each pDES measurement in a COVID-19 patient, virtual age-matched pDES values were calculated using published pDES equations for never and (ex-)smokers [24]. pDES is strongly dialyzed (R. Janssen, unpublished data), and patients receiving dialysis at baseline were excluded from pDES analyses.

Spearman's correlation coefficient was used to test the association of closest time-matched dp-ucMGP with pDES and radiological scores.

For PIVKA-II, patients were categorized as follows: normal <0.15AU/mL, mildly elevated 0.15-0.5AU/mL, moderately elevated 0.5-2.0AU/mL and severely elevated >2.0AU/mL.

Dp-ucMGP, pDES, and radiological scores had a log-normal distribution and were therefore natural log-transformed prior to analyses. Since CAC and TAC scores included values equal to zero, these values were transformed using $\ln(\text{CAC}+1)$ and $\ln(\text{TAC}+1)$, respectively. The mean difference and 95% Confidence Interval (CI) of log-transformed values was back-transformed to the mean fold change. Normally distributed continuous variables are presented as mean \pm standard deviation (SD), whereas continuous variables with a natural-log distribution were presented as back-transformed mean and 95% CI. A P-value of <0.05 was used as threshold for statistical significance.

Results

The mean age of COVID-19 patients was 68±12 years, 93 (69%) were male, and 12 (8.9%) used VKA.

Of the historical controls, 85 (46%) were male, 3 subjects (1.6%) were taking VKA, and mean age was 61±6.5 years. Patient and control characteristics are shown in Table 1.

Dp-ucMGP

Dp-ucMGP was measured in all available samples. Maximum dp-ucMGP levels were significantly higher in COVID-19 patients (1476pmol/L, 95% CI, 1341 to 1625) compared to healthy controls (471pmol/L, 95% CI, 434 to 511, mean fold change 3.14, 95% CI, 2.76 to 3.56, $p<0.001$, figure 3A), which remained significant after adjustment for age, sex, and use of VKAs ($p<0.001$). Dp-ucMGP levels were significantly higher in COVID-19 patients with poor outcome (1998pmol/L, 95% CI, 1737 to 2296) compared to those with good outcome (1157pmol/L, 95% CI, 1022 to 1312, mean fold change 1.73, 95% CI, 1.43 to 2.08, $p<0.001$; figure 3A), and significance was maintained after adjustments ($p<0.001$).

PIVKA-II

PIVKA-II was measured in the first available sample after admission. Levels were normal in 82.1%, mildly elevated in 13.0%, moderately in 4.1% and severely in 0.8% of COVID-19 patients not using VKA (figure 3B). PIVKA-II distribution was comparable between patients with good (78.6%, 15.7%, 4.3% and 1.4%, respectively) and poor outcomes (86.8%, 9.4%, 3.8% and 0%, respectively). PIVKA-II levels were severely elevated in 100% of COVID-19 patients using VKA.

Desmosine

Sufficient plasma for pDES measurements was available for 127 patients and measured in the first available sample after admission. Three dialysis-dependent patients were excluded from the analysis. pDES levels were significantly higher in COVID-19 patients (380ng/L, 95% CI, 355 to 405) compared to age-dependent reference values of never-smokers (243ng/L, 95% CI, 228 to 260; mean fold change 1.56, 95% CI, 1.42 to 1.71, $p < 0.001$) and former or current smokers (278ng/L, 95% CI, 260 to 296, mean fold change 1.37, 95% CI 1.25 to 1.50, $p < 0.001$; figure 4A) [24]. pDES levels, corrected for age, were significantly higher in COVID-19 patients with poor (430ng/L, 95% CI 384 to 481) compared to good outcomes (342ng/L, 95% CI 310 to 379; mean fold change 1.25, 95% CI, 1.07 to 1.47, $p = 0.004$). Dp-ucMGP levels significantly correlated with pDES ($n = 124$, $r = 0.47$, $p < 0.001$; figure 4B).

CT assessment

CT scans were available for 109 patients, and CAC and TAC scores were successfully determined for 107 of these patients. TAC and CAC scores were significantly higher in COVID-19 patients with poor outcome compared to those with good outcome, however, both lost significance after adjustments (supplementary data). The association between pulmonary involvement on CT and time-matched dp-ucMGP levels was not significant ($n = 109$; $r = 0.18$; $p = 0.06$). Dp-ucMGP was significantly associated with TAC scores ($n = 107$; $r = 0.36$; $p < 0.001$) and CAC scores ($n = 107$; $r = 0.30$; $p = 0.002$).

elastic fiber dysfunction renders them more susceptible to degradation following enhanced proteolytic activity during COVID-19 [14].

We did not find a significant correlation between dp-ucMGP and pneumonia severity. It is possible that the correlation is confounded by the fact that those with pre-existing conditions are predisposed to both higher dp-ucMGP and the development of respiratory failure with less pulmonary involvement. Furthermore, CT severity is a dynamic process that may change rapidly [31]. A clinical trial in which change of both vitamin K status and CT severity are simultaneously assessed before and after vitamin K supplementation would be a more suitable analysis.

Vitamin K1, the main source of vitamin K in The Netherlands, is preferentially transported to the liver, implying that the grade of carboxylation is usually higher for hepatic than extrahepatic vitamin K-dependent proteins (figure 1) [3, 4, 32]. This likely explains why dp-ucMGP was severely elevated, while PIVKA-II was normal in the majority of patients. Similar to MGP, the activation of endothelial protein S is disproportionately impacted in times of vitamin K deficiency. Theoretically, these observations could be compatible with enhanced thrombogenicity in COVID-19 [2], where autopsies revealed bilateral deep venous leg thrombosis in all thromboembolic cases, and thrombosis of the prostatic venous plexus in the majority of men who died [33]. Future research should investigate this, however, there is currently no readily available assay to measure carboxylated (active) versus uncarboxylated (inactive) protein S. Enhanced thrombosis in a state of vitamin K deficiency has previously been described in calciphylaxis [5]. Calciphylaxis is characterized by cutaneous blood vessel occlusion due to calcification, leading to ischemic skin infarction [5]. Increased levels of inactive MGP are found in skin tissues and the circulation of calciphylaxis patients [5]. It may be speculated that, analogous to calciphylaxis, impaired local anticoagulant activity due to vitamin K insufficiency is responsible for microvessel thrombosis in COVID-19 [34].

The major strength of our study is the use of robust biomarkers and quantitative CT assessment. Our findings are limited by the fact that it is impossible to determine which proportion of circulating dp-

ucMGP and DES levels originated from the lungs, as both biomarkers are not tissue specific.

Therefore, there is urgent need for experimental data to better link vitamin K insufficiency specifically with COVID-19-related lung pathologies.

As low vitamin K levels are found in comorbidities that are related to poor outcome of COVID-19 [1, 7], we were unable formally to determine whether vitamin K insufficiency truly predisposes patients to the development of severe COVID-19 or whether it is merely an epiphenomenon. However, the latter seems highly unlikely given the extreme elevation of dp-ucMGP levels in COVID-19 patients, which was much more pronounced than in hypertensive, diabetic, cardiovascular and COPD patients without COVID-19 (supplementary table 1). The strong correlation that we found between vitamin K status and the rate of elastic fiber degradation also suggests causality.

We had to make use of a historical control group, due to the implementation of quarantines and social distancing practices to contain SARS-CoV-2. We do not consider this to be a significant problem, however, as dp-ucMGP levels of our historical controls were higher than previously reported in large groups of controls (supplementary table 2). Furthermore, differences in dp-ucMGP levels between COVID-19 patients and controls were of such a magnitude that loss of significance when comparing to a matched control group would be highly unlikely.

In conclusion, dp-ucMGP was strongly elevated in hospitalized COVID-19 patients, which indirectly indicates extrahepatic vitamin K insufficiency. Impaired MGP activation was associated with poor outcomes. COVID-19 patients with premorbid elastic fiber pathologies appeared, in particular, to be at increased risk of complicated disease course. Despite extrahepatic vitamin K deficiency, hepatic prothrombin activation remained preserved. Taken together these data suggest a mechanism of pneumonia-induced extrahepatic vitamin K depletion leading to accelerated elastic fiber degradation and thrombosis formation. An intervention trial is now needed to assess whether vitamin K administration improves outcome in patients with COVID-19 by increasing pulmonary MGP and endothelial protein S activation.

References

1. Zhou F, Yu T, Du R, et al. Clinical course and risk factors for mortality of adult inpatients with COVID-19 in Wuhan, China: a retrospective cohort study. *Lancet* **2020**; 395(10229): 1054-62.
2. Cui S, Chen S, Li X, Liu S, Wang F. Prevalence of venous thromboembolism in patients with severe novel coronavirus pneumonia. *J Thromb Haemost* **2020**.
3. Fair DS, Marlar RA, Levin EG. Human endothelial cells synthesize protein S. *Blood* **1986**; 67(4): 1168-71.
4. Booth SL, Martini L, Peterson JW, Saltzman E, Dallal GE, Wood RJ. Dietary phyloquinone depletion and repletion in older women. *J Nutr* **2003**; 133(8): 2565-9.
5. Nigwekar SU, Thadhani R, Brandenburg VM. Calciphylaxis. *N Engl J Med* **2018**; 378(18): 1704-14.
6. Luo G, Ducey P, McKee MD, et al. Spontaneous calcification of arteries and cartilage in mice lacking matrix GLA protein. *Nature* **1997**; 386(6620): 78-81.
7. Chatrou ML, Winckers K, Hackeng TM, Reutelingsperger CP, Schurgers LJ. Vascular calcification: the price to pay for anticoagulation therapy with vitamin K-antagonists. *Blood Rev* **2012**; 26(4): 155-66.
8. Fraser JD, Price PA. Lung, heart, and kidney express high levels of mRNA for the vitamin K-dependent matrix Gla protein. Implications for the possible functions of matrix Gla protein and for the tissue distribution of the gamma-carboxylase. *J Biol Chem* **1988**; 263(23): 11033-6.
9. Price PA, Buckley JR, Williamson MK. The amino bisphosphonate ibandronate prevents vitamin D toxicity and inhibits vitamin D-induced calcification of arteries, cartilage, lungs and kidneys in rats. *J Nutr* **2001**; 131(11): 2910-5.
10. Rucker RB. Calcium binding to elastin. *Adv Exp Med Biol* **1974**; 48(0): 185-209.

11. Basalyga DM, Simionescu DT, Xiong W, Baxter BT, Starcher BC, Vyavahare NR. Elastin degradation and calcification in an abdominal aorta injury model: role of matrix metalloproteinases. *Circulation* **2004**; 110(22): 3480-7.
12. Bouvet C, Moreau S, Blanchette J, de Blois D, Moreau P. Sequential activation of matrix metalloproteinase 9 and transforming growth factor beta in arterial elastocalcinosis. *Arterioscler Thromb Vasc Biol* **2008**; 28(5): 856-62.
13. Lee JS, Basalyga DM, Simionescu A, Isenburg JC, Simionescu DT, Vyavahare NR. Elastin calcification in the rat subdermal model is accompanied by up-regulation of degradative and osteogenic cellular responses. *Am J Pathol* **2006**; 168(2): 490-8.
14. Liao M, Liu Y, Yuan J, et al. Single-cell landscape of bronchoalveolar immune cells in patients with COVID-19. *Nat Med* **2020**.
15. Usui Y, Tanimura H, Nishimura N, Kobayashi N, Okanoue T, Ozawa K. Vitamin K concentrations in the plasma and liver of surgical patients. *Am J Clin Nutr* **1990**; 51(5): 846-52.
16. Booth AJ, Hadley R, Cornett AM, et al. Acellular normal and fibrotic human lung matrices as a culture system for in vitro investigation. *Am J Respir Crit Care Med* **2012**; 186(9): 866-76.
17. Noth I, Anstrom KJ, Calvert SB, et al. A placebo-controlled randomized trial of warfarin in idiopathic pulmonary fibrosis. *Am J Respir Crit Care Med* **2012**; 186(1): 88-95.
18. Piscaer I, van den Ouweland JMW, Vermeersch K, et al. Low Vitamin K Status Is Associated with Increased Elastin Degradation in Chronic Obstructive Pulmonary Disease. *J Clin Med* **2019**; 8(8).
19. Cranenburg EC, Schurgers LJ, Uiterwijk HH, et al. Vitamin K intake and status are low in hemodialysis patients. *Kidney Int* **2012**; 82(5): 605-10.

20. Schurgers LJ, Teunissen KJ, Hamulyak K, Knapen MH, Vik H, Vermeer C. Vitamin K-containing dietary supplements: comparison of synthetic vitamin K1 and natto-derived menaquinone-7. *Blood* **2007**; 109(8): 3279-83.
21. Jaminon AMG, Dai L, Qureshi AR, et al. Matrix Gla protein is an independent predictor of both intimal and medial vascular calcification in chronic kidney disease. *Sci Rep* **2020**; 10(1): 6586.
22. Cranenburg EC, Koos R, Schurgers LJ, et al. Characterisation and potential diagnostic value of circulating matrix Gla protein (MGP) species. *Thromb Haemost* **2010**; 104(4): 811-22.
23. Belle M, Brebant R, Guinet R, Leclercq M. Production of a new monoclonal antibody specific to human des-gamma-carboxyprothrombin in the presence of calcium ions. Application to the development of a sensitive ELISA-test. *J Immunoassay* **1995**; 16(2): 213-29.
24. Huang JT, Bolton CE, Miller BE, et al. Age-dependent elastin degradation is enhanced in chronic obstructive pulmonary disease. *Eur Respir J* **2016**; 48(4): 1215-8.
25. Ninaber MK, Stolk J, Smit J, et al. Lung structure and function relation in systemic sclerosis: application of lung densitometry. *Eur J Radiol* **2015**; 84(5): 975-9.
26. Salaffi F, Carotti M, Di Donato E, Di Carlo M, Ceccarelli L, Giuseppetti G. Computer-Aided Tomographic Analysis of Interstitial Lung Disease (ILD) in Patients with Systemic Sclerosis (SSc). Correlation with Pulmonary Physiologic Tests and Patient-Centred Measures of Perceived Dyspnea and Functional Disability. *PLoS One* **2016**; 11(3): e0149240.
27. Brandenburg VM, Reinartz S, Kaesler N, et al. Slower Progress of Aortic Valve Calcification With Vitamin K Supplementation: Results From a Prospective Interventional Proof-of-Concept Study. *Circulation* **2017**; 135(21): 2081-3.

28. Bhatt SP, Nath HP, Kim YI, et al. Centrilobular emphysema and coronary artery calcification: mediation analysis in the SPIROMICS cohort. *Respir Res* **2018**; 19(1): 257.
29. Nathan SD, Weir N, Shlobin OA, et al. The value of computed tomography scanning for the detection of coronary artery disease in patients with idiopathic pulmonary fibrosis. *Respirology* **2011**; 16(3): 481-6.
30. Rabinovich RA, Miller BE, Wrobel K, et al. Circulating desmosine levels do not predict emphysema progression but are associated with cardiovascular risk and mortality in COPD. *Eur Respir J* **2016**; 47(5): 1365-73.
31. Wang Y, Dong C, Hu Y, et al. Temporal Changes of CT Findings in 90 Patients with COVID-19 Pneumonia: A Longitudinal Study. *Radiology* **2020**: 200843.
32. Fair DS, Revak DJ. Quantitation of human protein S in the plasma of normal and warfarin-treated individuals by radioimmunoassay. *Thromb Res* **1984**; 36(6): 527-35.
33. Wichmann D, Sperhake JP, Lutgehetmann M, et al. Autopsy Findings and Venous Thromboembolism in Patients With COVID-19. *Ann Intern Med* **2020**.
34. Ackermann M, Verleden SE, Kuehnel M, et al. Pulmonary Vascular Endothelialitis, Thrombosis, and Angiogenesis in Covid-19. *N Engl J Med* **2020**.

Tables and figures

Table 1: Baseline characteristics of COVID-19 patient and healthy control cohorts.

| | COVID-19 | | | Controls |
|--|--------------|--------------|----------|----------|
| | Good outcome | Poor outcome | All | |
| | N (%) | N (%) | N (%) | |
| Subjects | 75 | 60 | 135 | 184 |
| Age (years) | 64±13 | 72±10 | 68±12 | 61±6.5 |
| Male (%) | 46 (61) | 47 (78) | 93 (69) | 85 (46) |
| VKA use (%) | 5 (6.7) | 7 (12) | 12 (8.9) | 3 (1.6) |
| Hypertension (%) | 28 (37) | 21 (35) | 49 (36) | 41 (22) |
| Diabetes mellitus (%) | 15 (20) | 15 (25) | 30 (22) | 14 (7.6) |
| Cardiac or cardiovascular disease (%) | 17 (23) | 21 (35) | 38 (28) | 12 (6.5) |
| Asthma/COPD (%) | 13 (17) | 12 (20) | 25 (19) | 7 (3.8) |
| Other respiratory disease (%) | 5 (6.7) | 10 (17) | 15 (11) | 3 (1.6) |
| Immunocompromised (%) | 4 (5.3) | 2 (3.3) | 6 (4.4) | 0 (0) |
| Dialysis dependent (%)* | 1 (1.3) | 2 (3.3) | 3 (2.2) | 0 (0) |
| Active malignancy (%) | 6 (8.0) | 6 (10) | 12 (8.9) | 0 (0) |

COVID-19: Coronavirus 2019; *VKA*: Vitamin K antagonist; *COPD*: chronic obstructive pulmonary disease

* At admission

FIGURE LEGENDS

Figure 1. Distribution of vitamin K1 in the body

(1) After absorption, vitamin K1 is preferentially transported to the liver via the portal circulation, where it is utilized for carboxylation of hepatic coagulation factors. This implies that during periods of vitamin K insufficiency, (2) the grade of carboxylation is usually higher for hepatic factor II (3) than for endothelial protein S in veins and pulmonary matrix Gla protein (MGP).

Figure 2. Proposed sequential pathologic steps linking SARS-CoV-2 pneumonia to vitamin K insufficiency and accelerated elastic fiber degradation

(1) Severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) enters alveolar type II (AT2) cell. (2) The infected AT2 cell responds by upregulating synthesis of proinflammatory cytokines. (3) This leads to an increase in the number and activation of pulmonary macrophages. (4) These infiltrating macrophages produce matrix metalloproteinases (MMPs) (5), which leads to accelerated degradation of elastic fibers (5a) and thereby the release of desmosine from these fibers (5b) leading to elevated desmosine levels in lungs and blood. (6) The increased polarity of partially degraded elastic fibers (7) enhances their affinity for calcium, and consequently, leads to increased elastic fiber calcium content. (7a) MMP synthesis is upregulated in parallel with calcium content, which further accelerates elastic fiber degradation in a self-propagating vicious circle. (8) Matrix Gla protein (MGP) synthesis is upregulated in an attempt to protect elastic fibers from calcification and degradation, (8a) which means that need for vitamin K to activate additional MGP increases. (8b) This increased utilization of vitamin K may induce vitamin K insufficiency, (9) in which case increased production of MGP in a state of vitamin K insufficiency leads to increased desphospho-uncarboxylated (dp-uc)MGP in lungs and blood.

Figure 3: Circulating dp-ucMGP and PIVKA-II in COVID-19 patients. (A) Dp-ucMGP was measured in plasma of COVID-19 patients with a good outcome (discharge without invasive ventilation, n=75, orange) or poor outcome (invasive ventilation and/or death, n=60, red), compared to a cohort of controls. Subjects with high dp-ucMGP have low extrahepatic vitamin K status and *vice versa*. The maximal dp-ucMGP measured during the study is shown, with open circles representing those patients using VKA at admission. **(B)** PIVKA-II was measured in plasma at baseline in those patients not using VKA (n=122). The detection threshold and normal range for healthy controls is shown in gray. A single patient not using VKAs had a severely elevated PIVKA-II outside the detection range and is not shown in the figure.

Figure 4: Correlation between dp-ucMGP and desmosine. (A) Scatterplot showing circulating desmosine levels in those patients over 40 years old (n=121) by age, the black line represents the deduced equation for COVID-19 patients. The green and blue lines represent Huang *et al*'s calculated equations for non-smoking and smoking controls, respectively. **(B)** For all COVID-19 patients who were not dialysis dependent at admission with a good outcome (discharge without invasive ventilation, n=69, orange) or poor outcome (invasive ventilation and/or death, n=58, red) log-transformed baseline dp-ucMGP and desmosine values are shown, with open circles representing VKA users. The black line represents a linear regression analysis.







