



Vitamin D

Text Size:

Basics

Advertisement

Background

Synonyms

Evidence

Dosing

Safety

Methodology

Selected references

Selected references

1. Autier P, Gandini S. Vitamin D supplementation and total mortality: a meta-analysis of randomized controlled trials. *Arch Intern Med* 2007 Sep 10;167(16):1730-7.
2. Deane A, Constancio L, Fogelman I, et al. The impact of vitamin D status on changes in bone mineral density during treatment with bisphosphonates and after discontinuation following long-term use in post-menopausal osteoporosis. *BMC Musculoskeletal Disord* 2007 Jan 10;8:3.
3. Goldstein MR. Myopathy, statins, and vitamin D deficiency. *Am J Cardiol*. 2007 Oct 15;100(8):1328. Epub 2007 Jun 29. Comment on: *Am J Cardiol* 2007 Apr 15;99(8):1171-6.
4. Gorham ED, Garland CF, Garland FC, et al. Optimal vitamin D status for colorectal cancer prevention: a quantitative meta analysis *Am J Prev Med* 2007 Mar;32(3):210-6.
5. Helfrich YR, Kang S, Hamilton TA, et al. Topical becocalcidol for the treatment of psoriasis vulgaris: a randomized, placebo-controlled, double-blind, multicentre study. *Br J Dermatol* 2007 Aug;157(2):369-74.
6. Izaks GJ. Fracture prevention with vitamin D supplementation: considering the inconsistent results. *BMC Musculoskeletal Disord* 2007 Mar 9;8:26.
7. Lappe JM, Travers-Gustafson D, Davies KM, et al. Vitamin D and calcium supplementation reduces cancer risk: results of a randomized trial. *Am J Clin Nutr* 2007 Jun;85(6):1586-91.
8. Lind L, Wengle B, Wide L, et al. Reduction of blood pressure during long-term treatment with active vitamin D (alphacalcidol) is dependent on plasma renin activity and calcium status. A double-blind, placebo-controlled study. *Am J Hypertens* 1989;2(1):20-25.
9. Lyons RA, Johansen A, Brophy S, et al. Preventing fractures among older people living in institutional care: a pragmatic randomised double blind placebo controlled trial of vitamin D supplementation. *Osteoporos Int* 2007 Jun;18(6):811-8.
10. Pittas AG, Lau J, Hu FB, et al. The role of vitamin D and calcium in type 2 diabetes. A systematic review and meta-analysis. *J Clin Endocrinol Metab* 2007 Jun;92(6):2017-29.
11. Robien K, Cutler GJ, Lazovich D. Vitamin D intake and breast cancer risk in postmenopausal women: the Iowa Women's Health Study. *Cancer Causes Control* 2007 Sep;18(7):775-82.
12. Schumann SA, Ewigman B. Double-dose vitamin D lowers cancer risk in women over 55. *J Fam Pract* 2007 Nov;56(11):907-10.
13. Tau C, Ciriani V, Scaiola E, et al. Twice single doses of 100,000 IU of vitamin D in winter is adequate and safe for prevention of vitamin D deficiency in healthy children from Ushuaia, Tierra Del Fuego, Argentina. *J Steroid Biochem Mol Biol* 2007 Mar;103(3-5):651-4.
14. Wactawski-Wende J, Kotchen JM, Anderson GL, et al. Calcium plus vitamin D supplementation and the risk of colorectal cancer. *N Engl J Med* 2006 Feb 16;354(7):684-96.
15. Wagner CL, Greer FR, Section on Breastfeeding and Committee on Nutrition. Prevention of rickets and vitamin D deficiency in infants, children, and adolescents. *Pediatrics* 2008; 122(5): 1142-1152.

Print



Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

- The Mayo Clinic Diet — Eat well. Enjoy life. Lose weight.
- Mayo Clinic Book of Alternative Medicine Control fibromyalgia with tips from this DVD
- Mayo Clinic Five Steps to Controlling High Blood Pressure

Try Mayo Clinic Health Letter free!

Osteoporotic Bone Images

See the Difference between Osteoporotic bone Vs. Normal Bone.

www.TreatMyOsteoporosis.com

High Cholesterol?

Learn About High Cholesterol Levels & Get Expert Nutrition Help Now!

healthynow.com/Cholesterol

Head & Neck Cancer

Learn Your Head & Neck Options. Top Doctors. CPMC San Francisco.

www.cpmc.org/head-and-neck

AdChoices

- Advertising and sponsorship policy
- Advertising and sponsorship opportunities

Free E-Newsletters

Subscribe to receive the latest updates on health topics.

[About our newsletters](#)

- Housecall
- Alzheimer's caregiving
- Living with cancer

Enter e-mail

Subscribe

RSS Feeds

Get free personalized health guidance for you and your family.

[Get Started](#)

Methodology

Portions of this document last updated: April 1, 2011

NS_patient-vitamind



THIS EVIDENCE-BASED MONOGRAPH WAS PREPARED BY
THE NATURAL STANDARD RESEARCH COLLABORATION
(www.naturalstandard.com)

About this site	Site help	Contact us	E-newsletter
Blogs	Podcasts	Slide shows	Videos
Site map	Reprints and permissions		

Find Mayo Clinic on

[Facebook](#) [Twitter](#) [YouTube](#)

[Privacy policy \(Updated Nov. 5, 2010\)](#) [Terms and conditions of use policy \(Updated July 8, 2010\)](#)

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE
CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2011 Mayo Foundation for Medical Education and Research. All rights reserved.



We comply with the HONcode standard for trustworthy health information: [verify here](#).