

VITAMINS

NEWS ABOUT VITAMIN D'FICIENCY

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“Normal vitamin D status despite of abundant sun exposure” would have been my title for a study in the [JCEM](#) this month. The authors, however, have choosen a different title: “Low vitamin D status despite abundant sun exposure”.



They tested 93 individuals (skateboarders from the [A'ala Park Boardshop](#) in [Honolulu, Hawaii](#)), all spending 22 hours/week outside and having serum 25-OH-D3 values in the range of 20–60 ng/ml w/o any major PTH increase. I don't see any reason to declare them therefore as deficient. The authors even admit in the discussion that this would be “counterintuitive”.

[Another study](#) published another unexpected finding – diurnal ! variation of 25-OH-D3. Found mainly in women (morning 49.6 ng/ml, noon 36.5 ng/ml, evening 12.9 ng/ml). True variation or artefact?