

ALLERGY, VITAMINS

U SHAPE IS GOOD AND BAD

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I did not expect that serum vitamin D levels are associated with mortality at both ends of the distribution as now shown by [Dorup et al.](#)

Out of 247,574 a total of 16.645 subjects died in the ensuing 0 -7 years. ... 25-hydroxyvitamin D level of 70 nmol/L was associated with the lowest cardiovascular disease mortality risk ... At the higher extreme (\leq 125 nmol/L), the hazard ratio of cardiovascular disease mortality was 1.3 (95% CI 1.2-1.4), with similar risk among men and women. 125 nmol/L, the hazard ratio of cardiovascular disease mortality was 1.3 (95% CI 1.2-1.4), with similar risk among men and women.

Following our [first paper on U shaped vitamin D effects](#) there are now many more papers show that effect. Vitamin D is not just good or bad, it is both depending on timing, dose, application, whatever.

-  **A reverse J-shaped association between serum 25-hydroxyvitamin D a...** 
Darshana Durup, Henrik Lavendahl Jørgensen, Jane Christensen, Anne Tjønneland, Anja
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-  **Maternal vitamin D and E intakes during pregnancy are associated wit...** 
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-  **Predicted vitamin D status in mid-pregnancy and child allergic disease.** 
Ekaterina Maslova, Susanne Hansen, Andrew L Thorne-Lyman, Camilla B Jensen, Marin
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-  **Non-linear associations between serum 25-OH vitamin D and indices of ar...**
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-  **Association of vitamin D with respiratory outcomes in Canadian children.** 
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-  **Effect of vitamin d supplementation on the level of circulating high-sen...** 
Neng Chen, Zhongxiao Wan, Shu-Fen Han, Bing-Yan Li, Zeng-Li Zhang and Li-Qiang Qin
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-  **Association between serum vitamin D concentrations and inflammat...** 
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-  **U-Shaped Association Between Serum 25-Hydroxyvitamin D and Fracture...** 
Kerrin Bleicher, Robert G Cumming, Vasikaran Naganathan, Fiona M Blyth, David G Le
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-  **Vitamin D and osteogenic differentiation in the artery wall.** 
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2014. *J Clin Endocrinol Metab* jc20133481. Journal Article.
-  **With or Without U? The Appropriate Test for a U-Shaped Relationship*** 
Jo Thori Lind and Halvor Mehlum
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-  **The impact of vitamin D in pregnancy on extraskeletal health in childre...** 
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-  **A systematic review of the association between common single nucleo...** 
John J McGrath, Sukanta Saha, Thomas H J Burne and Darryl W Eyles
2010. *The Journal of Steroid Biochemistry and Molecular Biology* Journal Article.
-  **Serum 25-hydroxyvitamin D and IgE - a significant but nonlinear relationship** 
E Hyppönen, D Berry, M Wjst and C Power
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