

VITAMINS

NO WONDER PILL

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“In the case of religion, we put our faith in gods. And in nutrition, we have vitamins,” writes journalist Catherine Price in *Vitamania*, in which she traces vitamin crazes from the 1920s to the present.

[Harvard Magazine](#) reports about a [new cancer vitamin D study](#). It includes more than 1,000 patients with metastatic colorectal cancer but going into the details it is a phase 3 clinical trial of chemotherapy and NOT a clinical trial of vitamin D. Vitamin D serum levels are used for posthoc stratification only although we know that [these kind of studies are always misleading](#). At least HM quotes VITAL research Manson with

Clinical enthusiasm for supplemental vitamin D has outpaced available evidence on its effectiveness

I wish [the VDAART chairs](#) at Brigham and Women’s Hospital would have a similar realistic assessment. Their [results are overdue](#) with June 2014 ending of data collection for the primary outcome. Is it just the simple fact that vitamin D is not a wonder pill?