

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?

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