

VITAMINS

A SERIOUS BACKSLASH

10.10.2018

It is a serious backlash to the pro vitamin D lobby that has been published in the [Lancet Diabetes & Endocrinology last week](#).

Our findings suggest that vitamin D supplementation does not prevent fractures or falls, or have clinically meaningful effects on bone mineral density. There were no differences between the effects of higher and lower doses of vitamin D. There is little justification to use vitamin D supplements to maintain or improve musculoskeletal health.

Odds ratio 1.00. There is nothing to add.

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