

VITAMINS

THE VITAMIN D BULLSHIT BINGO

12.05.2023

	A	B	C	D	E
1	emerging evidence	healthy	worldwide deficiency	food supply not sufficient	micronutrient status
2	reference value	nearly significant	good bone health	plausible	when restricted to trials with
3	conflicting studies	we believe		overall vitamin D status	cheap supplement
4	mild deficiency	subgroup analyses revealed	dietary guideline	weak but significant	clear policy
5	post-hoc analysis	breast milk is commonly low	sub-optimal levels	early childhood	heterogeneity among trial

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