

Vitamin D supplements for better health – what’s the evidence?

Robert Walton for *Evidently Cochrane*, 20 July 2023, updated 04 October 2023

References

Avenell A, Mak JCS, O'Connell DL. Vitamin D and vitamin D analogues for preventing fractures in post-menopausal women and older men. *Cochrane Database of Systematic Reviews* 2014, Issue 4. Art. No.: CD000227. DOI: 10.1002/14651858.CD000227.pub4.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD000227.pub4/full>

Bjelakovic M, Nikolova D, Bjelakovic G, Gluud C. Vitamin D supplementation for chronic liver diseases in adults. *Cochrane Database of Systematic Reviews* 2021, Issue 8. Art. No.: CD011564. DOI:

10.1002/14651858.CD011564.pub3. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011564.pub3/full>

Cameron ID, Dyer SM, Panagoda CE, Murray GR, Hill KD, Cumming RG, Kerse N. Interventions for preventing falls in older people in care facilities and hospitals. *Cochrane Database of Systematic Reviews* 2018, Issue 9. Art. No.: CD005465. DOI:

10.1002/14651858.CD005465.pub4. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD005465.pub4/full>.

Chibuzor MT, Graham-Kalio D, Osaji JO, Meremikwu MM. Vitamin D, calcium or a combination of vitamin D and calcium for the treatment of nutritional rickets in children. *Cochrane Database of Systematic Reviews* 2020, Issue 4. Art. No.: CD012581.

DOI:10.1002/14651858.CD012581.pub2. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012581.pub2/full>

Das RR, Singh M, Naik SS. Vitamin D as an adjunct to antibiotics for the treatment of acute childhood pneumonia. *Cochrane Database of Systematic Reviews* 2023, Issue 1. Art. No.: CD011597. DOI:

10.1002/14651858.CD011597.pub3. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011597.pub3/full>

Edafe O, Mech CE, Balasubramanian SP. Calcium, vitamin D or recombinant parathyroid hormone for managing post-thyroidectomy hypoparathyroidism. *Cochrane Database of Systematic Reviews* 2019, Issue 5. Art. No.: CD012845. DOI: 10.1002/14651858.CD012845.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012845.pub2/full>

Homik J, Suarez-Almazor ME, Shea B, Cranney A, Wells GA, Tugwell P. Calcium and vitamin D for corticosteroid-induced osteoporosis. *Cochrane Database of Systematic Reviews* 1998, Issue 2. Art. No.: CD000952. DOI: 10.1002/14651858.CD000952.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD000952/full>

Huey SL, Acharya N, Silver A, Shen R, Yu EA, Peña-Rosas JP, Mehta S. Effects of oral vitamin D supplementation on linear growth and other health outcomes among children under five years of age. *Cochrane Database of Systematic Reviews* 2020, Issue 12. Art. No.: CD012875. DOI: 10.1002/14651858.CD012875.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012875.pub2/full>

Jagannath VA, Filippini G, Di Pietrantonj C, Asokan GV, Robak EW, Whamond L, Robinson SA. Vitamin D for the management of multiple sclerosis. *Cochrane Database of Systematic Reviews* 2018, Issue 9. Art. No.: CD008422. DOI:

10.1002/14651858.CD008422.pub3. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD008422.pub3/full>

Méndez-Sánchez L, Clark P, Winzenberg TM, Tugwell P, Correa-Burrows P, Costello R. Calcium and vitamin D for increasing bone mineral density in premenopausal women. *Cochrane Database of Systematic Reviews* 2023, Issue 1. Art. No.: CD012664. DOI:

10.1002/14651858.CD012664.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012664.pub2/full>

Mocellin S, Goodwin A, Pasquali S. Risk-reducing medications for primary breast cancer: a network meta-analysis. *Cochrane Database of Systematic Reviews* 2019, Issue 4. Art. No.: CD012191. DOI: 10.1002/14651858.CD012191.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012191.pub2/full>

National Institute for Health and Care Excellence. *COVID-19 rapid guideline: vitamin D*. London: National Institute for Health and Care Excellence; July 2022. (NICE NG187). [Issued December 2020; last updated July 2022]. Available from: <https://www.nice.org.uk/guidance/ng187>

National Institute for Health and Care Excellence. *Managing COVID 19: treatments (July 2022 v27.0)*. London: National Institute for Health and Care Excellence; July 2022. (NICE visual summary). Available from: <https://www.nice.org.uk/guidance/ng191/resources/managing-covid-19-treatments-may-2022-v24.0-pdf-11070542125>

National Institute for Health and Care Excellence. *Vitamin D: supplement use in specific population groups*. London: National Institute for Health and Care Excellence; July 2022. (NICE Public Health Guidance PH56). [Issued November 2014; last updated August 2017]. Available from: <https://www.nice.org.uk/guidance/ph56>

NHS Digital. Admissions for scurvy, rickets and malnutrition. DigitalNHS.UK, 21 October 2021. Web. 20 July 2023. <https://digital.nhs.uk/supplementary-information/2021/admissions-for-scurvy-rickets-and-malnutrition-2007-08-to-2020-21>

NHS UK. Gestational diabetes. NHS.UK, 08 December 2022, Web. 13 January 2023. <https://www.nhs.uk/conditions/gestational-diabetes/>

NHS UK. Pre-eclampsia. NHS.UK, 28 September 2021. Web. 13 January 2023. <https://www.nhs.uk/conditions/pre-eclampsia/>

NHS UK. Vitamin D. NHS.UK, 3 August 2020. Web. 13 January 2023.
<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

NHS UK. Vitamins, supplements and nutrition in pregnancy. NHS.UK, 14 February 2020. Web. 13 January 2023. <https://www.nhs.uk/pregnancy/keeping-well/vitamins-supplements-and-nutrition/>.

Nuffield Trust. Low birth weight. NuffieldTrust.org, last updated 27 March 2023. Web. 20 July 2023. <https://www.nuffieldtrust.org.uk/resource/low-birth-weight>

Palacios C, Kostiuik LK, Peña-Rosas JP. Vitamin D supplementation for women during pregnancy. *Cochrane Database of Systematic Reviews* 2019, Issue 7. Art. No.: CD008873. DOI: 10.1002/14651858.CD008873.pub4.
<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD008873.pub4/full>

Palacios C, Trak-Fellermeier MA, Martinez RX, Lopez-Perez L, Lips P, Salisi JA, John JC, Peña-Rosas JP. Regimens of vitamin D supplementation for women during pregnancy. *Cochrane Database of Systematic Reviews* 2019, Issue 10. Art. No.: CD013446. DOI: 10.1002/14651858.CD013446.
<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013446/full>

Soe HH, Abas ABL, Than NN, Ni H, Singh J, Said AR, Osunkwo I. Vitamin D supplementation for sickle cell disease. *Cochrane Database of Systematic Reviews* 2020, Issue 5. Art. No.: CD010858. DOI: 10.1002/14651858.CD010858.pub3.
<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010858.pub3/full>

Stroehlein JK, Wallqvist J, Iannizzi C, Mikolajewska A, Metzendorf M-I, Benstoem C, Meybohm P, Becker M, Skoetz N, Stegemann M, Piechotta V. Vitamin D supplementation for the treatment of COVID-19: a living systematic review. *Cochrane Database of Systematic Reviews* 2021, Issue 5. Art. No.: CD015043. DOI: 10.1002/14651858.CD015043. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD015043/full>,

van den Blink QU, Garcez K, Henson CC, Davidson SE, Higham CE. Pharmacological interventions for the prevention of insufficiency fractures and avascular necrosis associated with pelvic radiotherapy in adults. *Cochrane Database of Systematic Reviews* 2018, Issue 4. Art. No.: CD010604. DOI: 10.1002/14651858.CD010604.pub2.
<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010604.pub2/full>

Wallace C, Gordon M, Sinopoulou V, Limketkai BN. Vitamin D for the treatment of inflammatory bowel disease. *Cochrane Database of Systematic Reviews* 2023, Issue 10. Art. No.: CD011806. DOI: 10.1002/14651858.CD011806.pub2.
<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011806.pub2/full>

