



Conditions for which randomised controlled trials (RCT) have shown that vitamin D supplements are likely to be *ineffective*:

Antenatal vitamin D for prevention of asthma, Antenatal vitamin D for infant growth, Atrial fibrillation prevention, BMD improvement in children without vitamin D deficiency, Cancer prevention, Cardiovascular disease prevention, COPD treatment, Cognitive decline (treatment or prevention), COVID-19 infection (moderate to severe), Diabetes (prevention or treatment), Diabetic foot ulcer (treatment), Diabetic nephropathy prevention, Eczema treatment, Falls prevention in the community, Fracture prevention in older people (when vitamin D is prescribed without calcium), Heart failure treatment, Hypertension (prevention or treatment), Infection prevention in children under 5 years old, Liver disease treatment, Muscle strength (improvement in), Pain (treatment of chronic pain), Parkinson's disease treatment, Respiratory tract prevention in older adults, Sports performance, and Tuberculosis prevention in children.

Conditions for which RCTs have shown that vitamin D supplements are likely to be *effective*:

BMD improvement in children with vitamin D deficiency, Falls rate in care facilities (not falls incidence), Prevention of pre-eclampsia, gestational diabetes, low birthweight and may reduce the risk of severe postpartum haemorrhage, and Reduction in exacerbations of asthma.

Conditions where the trials completed do not provide enough data:

CKD requiring dialysis, CKD not requiring dialysis, Mortality in older adults, Multiple sclerosis, Pneumonia in children, and Sickle cell disease treatment.

Useful additional information:

Large bolus doses (100,000iu or more) of oral or injected vitamin D **should not be used** because of an association with increased falls and fractures.

Liquid product recommended if there are swallowing difficulties: InVitaD3 50,000iu/ml oral solution unit dose ampoules sugar free, ONE dose each WEEK for 6 weeks.

Stexerol D3 25,000iu tablets are vegetarian and certified as Halal and Kosher: Stexerol D3 25,000iu tablets TWO tablets each WEEK for 6 weeks.

Vegan colecalciferol products are available e.g. [ProD3 20,000iu vegan capsules](#) .

Information on more vegetarian and vegan vitamin D supplements that are available can be found on the [SPS website](#).

References:

BDA: Vitamin D Food Fact Sheet. Accessed on 27th April via <https://www.bda.uk.com/resource/vitamin-d.html>

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Healthy Start: Getting Vitamins. Accessed on 27th April 2021 via <https://www.healthystart.nhs.uk/getting-vitamins/>

NHS Choices: Vitamin D. Accessed on 27th April 2021 via <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

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North East Hampshire & Farnham CCG: Vitamin D and Bone Health Practical Guidelines for Vitamin D Deficiency in Adults. May 2019.

Royal Osteoporosis Society: Vitamin D and Bone Health. December 2018. Accessed on 27th April 2021 via <https://theros.org.uk/media/54vpztaa/ros-vitamin-d-and-bone-health-in-children-november-2018.pdf>

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Surrey, Crawley CCG & Mid-Essex CCG: Vitamin D Pathway for Adults in Primary Care. January 2017.