



**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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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.