

Media Release

15 October 2013

Vitamin D Supplementation Has Substantiated Benefits for Bone Health and Beyond

A meta-analysis finding that vitamin D supplements have no beneficial effect on bone density has drawn intense criticism from experts who say the study has “serious limitations” and its conclusions could have “dire consequences” for public health for suggesting healthy adults don’t need to take vitamin D supplements.

In a statement from United States’ peak body the Council for Responsible Nutrition (CRN) Vice President of Scientific and Regulatory Affairs, Duffy MacKay, N.D. “one of the serious limitations of this meta-analysis was the lack of consideration of studies that looked at how vitamin D and calcium work together.

The Australian peak body for complementary medicines and natural healthcare products industry, the *Complementary Healthcare Council*, agrees with the Council for Responsible Nutrition saying; “this meta-analysis looks at the effects of vitamin D supplementation without co-administration of calcium on the effects of fracture prevention. This is a serious limitation as the scientific literature supports that vitamin D and calcium work together to provide a protective effect for helping to prevent osteoporosis.”

“A further limitation is that the meta-analysis only looks at the effect of vitamin D supplementation on bone health. A large body of scientific literature shows that vitamin D plays an important role in other areas, such as cardiovascular health, immune health and diabetes”.

“We shouldn’t be throwing the baby out with the bath water,” says Mr Carl Gibson Chief Executive Officer of the CHC, “this study does not provide iron-clad evidence that healthy people should not be taking vitamin D supplements. Furthermore, while some people may regard themselves as healthy they still might not have optimal levels of vitamin D.”

“The CHC advises that this meta-analysis should not discourage healthy people from taking vitamin D for all the possible benefits and should not discourage doctors and other healthcare practitioners to continue to test vitamin D levels,” Mr Gibson says.

ENDS

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Notes for Editors:

- This meta-analysis looks at the effects of vitamin D supplementation without co-administration of calcium on the effects of fracture prevention. This is a serious limitation as the scientific literature supports that vitamin D and calcium work together to provide a protective effect for helping to prevent osteoporosis.
- A further limitation is that the meta-analysis only looks at the effect of vitamin D supplementation on bone health. A large body of scientific literature shows that vitamin D plays an important role in other areas, such as cardiovascular health, immune health and diabetes.
- This meta-analysis should not discourage healthy people from taking vitamin D for all the possible benefits and should not discourage doctors and other healthcare practitioners to continue to test vitamin D levels.

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