

## Correcting Low Vitamin D Levels Results In Weight Loss And Reduced Inflammation

The *American Journal of Clinical Nutrition* published the results of a vitamin D supplementation trial which found that correcting low vitamin D levels in women resulted in weight loss and a significant reduction in C-reactive protein (CRP), a marker of inflammation.\*



The trial included 218 overweight or obese postmenopausal women who had low serum 25-hydroxyvitamin D levels between **10 ng/mL** and **32 ng/mL**. The women were assigned to a 12-month reduced-calorie diet along with 225 minutes per week of aerobic activity, plus a daily placebo or **2,000 IU** vitamin D3.

Among women whose vitamin D3 became replete at a level of **32 ng/mL** or more, weight loss averaged **8.5 kg** (18.7 pounds), while those whose levels failed to reach this amount lost an average of **5.6 kg** (12.3 pounds). Vitamin D-replete women also experienced a significantly greater reduction in insulin levels, waist circumference, and body fat.

**Editor's Note:** In those whose adherence to the vitamin D regimen was high, there was an average decline in C-reactive protein of **1.18 mg/L**, while the placebo group experienced a reduction of **0.46 mg/L**. The finding indicates a significant decrease in inflammation in association with vitamin D supplementation.

—D. Dye

### Reference

\* *Am J Clin Nutr.* 2014 May;99(5):1015-25.