

PROVEN: Vitamin D

Treats/Prevents 47+ Health Problems

Health Problem	Treats Prevents	Reduction	RCT = Random Controlled Trial	#
Hypertension	T	149 to 142 mm Hg	RCT 2400 IU	1
Cardiovascular after attack	T	32 % fewer deaths	1000 IU	2
Diabetes T1	P	85 %	12,000 kids, 2000 IU	3
Diabetes T2	T	62 %	RCT, CRP reduction, 4000 IU	4
Back Pain	T	95 %	5000/10000 IU	5
Influenza	P	90 %	RCT, 2000 IU	6
Falls	P	19 %	RCT, 1000 IU	7
Hip Fractures	P	30 %	RCT, 800 IU	8
Rickets	P	98 %	Turkey, 400 IU	9
Raynaud's Syndrome	T	40 %	RCT, visual scale, 20000 IU	10
Menstrual pain	P	76 %	RCT, 7000 IU avg	11
Pregnancy risks	P	50 %	RCT, 4000 IU	12
C-section, unplanned	P	50 %	RCT, 4000 IU, small study	13
Low birth weight	P	60 %	RCT, 1000 IU of D2	14
TB	P	60 %	RCT, 800 IU	15
Breast Cancer	P	60 %	RCT, 1100 IU	16*
Rheumatoid Arthritis pain	T	40 %	RCT, 500 IU, added to prescription	17
Cystic Fibrosis	T	75 %	RCT, pilot 4X fewer deaths 250,000 IU	18
Chronic Kidney	T	90 to 70 PTH	RCT, 3500 IU	19
Respiratory Tract Infection	P	63 %	RCT, 4000 IU 1 year	20
Lupus	T	zero flares	Loading then 100,000 IU monthly	21
Sickle Cell	T	Less pain	RCT, up to 100,000 IU/week	22
Leg ulcer healing	T	4X faster	RCT, 50,0000 IU/week, small study	23
Traumatic Brain Injury	T	2X	RCT, 20,0000 IU/day with progesterone	24
Parkinson's Disease	T	Stabilize	RCT, 1200 IU/day	25
Multiple Sclerosis	P	68%	RCT, 7100 IU prevent pre-MS ==> MS	26
Congestive Heart Failure	T	90 %	RCT, 1000 IU infants	27
Middle Ear Infection	P	30 %	RCT, 1000 IU infants	28
Gingivitis	T	88 %	RCT, 2000 IU	29
Muscle in seniors	T	17 % more muscle	RCT, 4000 IU	30
Antibiotic use when >70y	T	47 %	RCT, 60,000 IU monthly	31
Infants taller	Benefit	1 cm taller	RCT, 50,000 IU weekly, 8 weeks	32
Gestational Diabetes	T	Treated	RCT, 2 doses of 50,000 IU	33
After Heart Attack	T	+6% ejection fraction	RCT, 800,000 IU one time	34
Prostate Cancer	T	Fewer +cores	RCT, 4000 IU (2012)	35
Asthma	T	Reduced	RCT, 60,000 IU monthly	36
Depression	T	Reduced	RCT, 300,000 IU injection	37
Low vit. D while breastfed	P	All infants > 20 ng	RCT, 5,000 IU	38
Fibromyalgia	T	Reduced	RCT, 30-48 ng	39
Hives, Chronic	T	Reduced 40%	RCT, 4000 IU added	40
Cholesterol	T	Reduced 4 mg	RCT, 400 IU + Ca	41
Weight Loss	T	lost 5 more lbs	RCT, 2000 IU +diet +exercise	42
Multiple Sclerosis	T	95% were CURED	20,000 to 140,000 IU/day	43
Gestational Diabetes	P	40%	RCT, 5,000 IU	44
Chronic Obstructive Pulmonary Disease	T	17X improvement	CT 50,000 IU weekly	45
Asthma	T	1/2 Asthma attacks	RCT >42 ng of vitamin D	46
Quality of Life (QoL)	T	Nursing Home QoL	CT, 4,000 IU in daily bread	47**

VitaminDWiki June 2014 Trial Details: <http://is.gd/proofvitd>

* The only RCT available to the Institute of Medicine

** The publisher wants \$51 for the Quality of Life details