

## Proven: Vitamin D prevents or treats **75** health problems

[VitaminDWiki](http://www.vitamindwiki.com) Dec 2016

Go to <http://is.gd/proofvitd> for clickable details

Health Problem	Treat Prevent	Reduction by Vit D click for details	<b>RCT</b> = Random Controlled Trial * = link to additional <b>RCT</b> CT = Clinical Trial
<a href="#">Hypertension</a>	T	<a href="#">149 to 142 mm Hg</a>	<b>RCT</b> * *, 2400 IU. <a href="#">100,000 IU*</a>
<a href="#">Cardiovascular</a> after attack	T	<a href="#">32 % fewer deaths</a>	CT 1000 IU
Diabetes Type 1	P	<a href="#">85 %</a>	12000 kids, 2000 IU
<a href="#">Diabetes Type 2</a>	T	<a href="#">62 %</a>	<b>RCT</b> * *, CRP reduction, 4000 IU
<a href="#">Back Pain</a>	T	<a href="#">95 %</a>	5000/10000 IU
<a href="#">Influenza</a>	P	<a href="#">90 %</a>	<b>RCT</b> *, 2000 IU
<a href="#">Falls</a>	P	<a href="#">50%</a>	<b>RCT</b> , 100,000 IU monthly <a href="#">RCT with Meals on Wheels 2016</a>
<a href="#">Hip Fractures</a>	P	<a href="#">30 %</a>	<b>RCT</b> * 800 IU
<a href="#">Rickets</a>	P	<a href="#">98 %</a>	Turkey, 400 IU
<a href="#">Raynaud's Syndrome</a>	T	<a href="#">40 %</a>	<b>RCT</b> , visual scale, 20000 IU Avg
Menstrual pain	P	<a href="#">76 %</a>	<b>RCT</b> , 7000 IU Avg, <a href="#">PMS reduced by half</a>
<a href="#">Pregnancy risks</a>	P	<a href="#">50 %</a>	<b>RCT</b> , 4000 IU
<a href="#">C-section, unplanned</a>	P	<a href="#">50 %</a>	<b>RCT</b> , 4000 IU, small study
<a href="#">Low birth weight</a>	P	<a href="#">60 %</a>	<b>RCT</b> * 1000 IU of D2
TB	P	<a href="#">60 %</a>	<b>RCT</b> , 800 IU
<a href="#">Breast Cancer</a>	P	<a href="#">60 %</a>	<b>RCT</b> , 1100 IU (2007)
<a href="#">Rheumatoid Arthritis pain</a>	T	<a href="#">40 %</a>	<b>RCT</b> , 500 IU, added to prescription
<a href="#">Cystic Fibrosis</a>	T	<a href="#">75 %</a>	<b>RCT</b> , pilot 4X fewer deaths 250,000 IU
<a href="#">Chronic Kidney</a>	T	<a href="#">90 to 70 PTH</a>	<b>RCT</b> , 3500 IU,
<a href="#">Respiratory Tract Infection</a>	P	<a href="#">63 %</a>	<b>RCT</b> , 4000 IU 1 year <b>2nd RCT</b> : <a href="#">2000/800 IU</a> <b>3rd RCT</b> <a href="#">20,000 IU weekly</a>
<a href="#">Lupus</a>	T	<a href="#">zero flares</a>	Loading then 100,000 IU monthly, <b>RCT too</b>
Sickle Cell	T	<a href="#">Less pain</a>	<b>RCT</b> , up to 100,000 IU/week
Leg ulcer healing	T	<a href="#">4X faster</a>	<b>RCT</b> , 50,0000 IU/week, small study
Traumatic Brain Injury	T	<a href="#">2X</a>	<b>RCT</b> , 20,0000 IU/day with progesterone

<a href="#">Parkinson's Disease</a>	T	<a href="#">Stabilized</a>	<b>RCT</b> , 1200 IU/day
<a href="#">Multiple Sclerosis</a>	P	<a href="#">68%</a>	<b>RCT</b> , 7100 IU prevent pre-MS ==> MS
Congestive Heart Failure	T	<a href="#">90 %</a>	<b>RCT</b> , 1000 IU infants ( <a href="#">also: Adults, not RCT</a> )
Middle Ear Infection	P	<a href="#">30 %</a>	<b>RCT</b> , 1000 IU infants
Gingivitis	T	<a href="#">88 %</a>	<b>RCT</b> , 2000 IU
<a href="#">Muscle in seniors</a>	T	<a href="#">17 % more muscle</a>	<b>RCT</b> , 4000 IU
Antibiotic use when >70y	T	<a href="#">47 %</a>	<b>RCT</b> , 60,000 IU monthly
<a href="#">Infants taller</a>	Benefit	<a href="#">1 cm tall</a>	<b>RCT</b> , 50,000 IU weekly, 8 weeks
<a href="#">Gestational Diabetes</a>	T	<a href="#">Treated</a>	<b>RCT</b> , 2 doses of 50,000 IU
<a href="#">After Heart Attack</a>	T	<a href="#">+6% ejection fraction</a>	<b>RCT</b> , 800,000 IU one time
<a href="#">Prostate Cancer</a>	T	<a href="#">Fewer +cores</a>	<b>RCT</b> , 4000 IU (2012)
<a href="#">Asthma</a>	T	<a href="#">Reduced symptoms</a>	<b>RCT</b> , 60K IU/month; <b>RCT 50K IU/week</b> <a href="#">Meta-analysis of Asthma intervention</a>
<a href="#">Depression</a>	T	<a href="#">Reduced</a>	<b>RCT</b> , 300,000 IU injection <b>RCT helped Prozac</b>
<a href="#">Low vitamin D while breastfed</a>	P	<a href="#">All infants &gt; 20 mg</a>	<b>RCT</b> , 5,000 IU
<a href="#">Fibromyalgia</a>	T	<a href="#">Reduced</a>	<b>RCT</b> , 30-48 ng <b>RCT 50K IU/week</b>
Hives, Chronic	T	<a href="#">Reduced 40%</a>	<b>RCT</b> , 4000 IU added
<a href="#">Cholesterol</a>	T	<a href="#">Reduced 4 mg</a>	<b>RCT</b> , 400 IU + Ca
Weight Loss	T	<a href="#">lost 5 more lbs</a>	<b>RCT</b> , 2000 IU +diet +exercise
<a href="#">Multiple Sclerosis</a>	T	<a href="#">95% were CURED</a>	20,000 to 140,000 IU/day
<a href="#">Gestational Diabetes</a>	P	<a href="#">40%</a>	<b>RCT</b> *, 5,000 IU
<a href="#">Chronic Obstructive Pulmonary Disease</a>	T	<a href="#">17X improvement</a>	CT, 50,000 IU weekly <b>RCT 100,000 IU monthly</b>
<a href="#">Asthma</a>	T	<a href="#">1/2 Asthma attacks</a>	<b>RCT</b> >42 mg of vitamin D
<a href="#">Quality of Life (QoL)</a>	T	<a href="#">Nursing Home QoL</a>	CT, 4,000 IU in daily bread
Death of Critically Ill Patients	T	<a href="#">20% increase in survivability</a>	<b>RCT</b> 540 K IU loading than 90K monthly
<a href="#">Restless Leg Syndrome</a>	T	<a href="#">Score 26 ==&gt; 10</a>	CT, Vitamin D dose size not state in abstract
Hepatitis-C	T	<a href="#">Enhanced conventional drugs</a>	<b>RCT</b> 2.000 IU
<a href="#">Chron's disease</a>	T	<a href="#">improved when &gt; 30 ng</a>	<b>RCT</b> 2,000 IU
<a href="#">Pre-term birth</a>	P	<a href="#">2.5X decrease, also: fewer c-section &amp; better Apgar</a>	<b>RCT</b> 2,000 IU India

<a href="#">Lupus</a>	T	<a href="#">Pain reduced</a>	<b>RCT</b> 4,000 IU
<a href="#">Cluster headaches</a>	T	<a href="#">CH eliminated in 60%</a>	10,000 IU, Mg, Omega-3, etc
<a href="#">Autism</a>	T	<a href="#">80% improved</a>	CT 300 IU/kg/day for 3 months
<a href="#">PreDiabetes</a>	T	<a href="#">~20% reduced</a>	<b>RCT</b> 60,000 IU/month
<a href="#">Weight loss: Overweight and Obese</a>	T	<a href="#">12 lbs in 6 months</a>	<b>RCT</b> 100,000 IU/month
<a href="#">Sarcopenia = muscle loss</a>	T	<a href="#">27% increase</a>	<b>RCT</b> 1,000 IU
Growing Pains	T	<a href="#">60% decrease</a>	~100,000 IU/month - <b>NOT RCT, given to all</b> <a href="#">2nd study, similar results</a>
<a href="#">Osteoarthritis pain</a>	T	<a href="#">60% decrease</a>	50,000 IU/weekly - <b>NOT RCT, given to all</b>
<a href="#">Amyotrophic Lateral Sclerosis</a>	T	<a href="#">helped</a>	2,000 IU - <b>NOT RCT, given to all</b>
Vertigo	T	<a href="#">3X reduction</a> if raised > 10ng	600,000 IU load, then maint. <b>NOT RCT, given to all</b>
Warts	T	<a href="#">80% eliminated</a> injection	<b>NOT RCT, given to all</b>
<a href="#">Metabolic Syndrome</a>	P	<a href="#">reduced 44%</a> when VitD increased by 30 ng	<b>NOT RCT, given to all</b>
Hay fever	P	<a href="#">1,000 IU for 30 days</a>	<b>RCT</b>
Preeclampsia	P	<a href="#">50,000 IU every 2 weeks</a>	<b>RCT</b>
Blood cell cancer	T	<a href="#">Multiple Myeloma</a>	<b>NOT RCT, given to all</b>
<a href="#">Irritable Bowel Syndrome</a>	T	<a href="#">3,000 IU spray</a>	<b>RCT</b>
Urinary Tract Infection	P	50% reduction	<b>RCT</b> 20,000 IU weekly
Mite Allergy	P	<a href="#">5X reduction</a>	<b>RCT</b> 2,000 IU preg, 800 IU child
Perinatal depression (depression near birth)	T	<a href="#">50% reduction</a>	<b>RCT</b> 2,000 IU for just a few weeks
<a href="#">Vaginosis</a>	T	10X reduction	<b>RCT</b> 2,000 IU
<a href="#">Eczema</a>	T	Reduced	<b>2 RCT</b> 1,600 IU
<a href="#">Non-Alcoholic Fatty Liver Disease</a>	T	Reduced	<b>RCT</b> 20,000 IU weekly
<a href="#">Preclampsia</a>	T	Reduced	<b>RCT</b> 4,400 IU

Note: Many recent proofs are NOT RCT (where half of the people get no/little vitamin D) Perhaps researchers feel it is morally wrong to not give vitamin D to all participants. Or perhaps researchers are unable to find enough people who do not want a 50% change of getting zero or little vitamin D

-  [Download the 47 proof PDF from June 2014 - Legal Size English](#)

## Most proofs are RCT (Randomized Controlled Trials), where not even the doctor knows who gets the extra vitamin D

- 2 are meta-analysis of multiple RCTs
- Vitamin D given to ALL infants in the entire country (Rickets) - not a RCT
- In several studies researchers felt that it was unethical to not give vitamin D to everyone (e.g. #43)
- In some studies the dose size varied with the needs of the person (overweight, etc)
- In some studies the COFACTORS were adjusted with the needs of the patient
- By the way - the health problems which were CURED by vitamin D have not been RCT and we expect never will be, proven by Random Controlled Trials.  
Curing requires the dose size and cofactors to be adjusted to the needs of each patient.

## Many Clinical Trials have not found a benefit because of one or more of the following failures:

1. **Fails** to use a [large enough dose of vitamin D](#) (often < 1,100 IU)  
The Even larger dose needed if: 1) [obese](#), 2) [poor gut](#), 3) sick (many diseases consume lots of vitamin D)
2. **Fails** to have given vitamin D for a long enough time (a few RCT lasted less than 5 weeks)
3. **Fails** to have given Vitamin D frequently enough. [At least every 2 months for D3](#) - and at least weekly for D2  
Note: Infrequent dosing also causes unbalancing of the body's chemistry
4. **Fails** to provide a [loading dose](#), or had too short a duration to restore the vitamin D levels
5. **Fails** to use D3 form, instead uses the [less effective D2 form](#)
6. **Fails** to have a healthy range of [Calcium](#) or other important [cofactors](#) (especially for [bone-related trials](#))  
Also, differences in Magnesium can result in 30% change in response to vitamin D  
Magnesium is dependant on water, food, supplements
7. **Fails** to notice the pre-existing vitamin D levels - only those who are low will likely show a benefit
8. **Fails** to notice how/when the vitamin D was taken (which can change the response by as much as 2X)
9. **Fails** to report on compliance (in one case 40% of the participants did not take the supplements consistently)

## Many Meta-Analyses also do not find a benefit because one or more of the above failures

In addition, many [meta-analysis](#) average together ALL of the trials

*Imagine a story about a meta-analysis of aspirin (which has never been done)*

There would be scores of RCT for aspirin not working with 3 mg doses

There would be a many RCT of aspirin not working with 30 mg doses

There would be a few studies of aspirin WORKING with 300+ mg doses

There would be many studies of small amounts of Willow bark (Vitamin D2 instead of Vitamin D3)

Then there would be a meta-analysis of aspirin and Willow Bark

- **That meta-analysis would conclude that aspirin and Willow bark do not work.**

While about 200 RCTs will be published during 2014, I anticipate only adding 50 to the proofs table due to the reasons listed above

Also, some trials will not get started due to lack of people willing to go for years with < 500 IU of vitamin D

## See also VitaminDWiki: Random Controlled Trials with vitamin D intervention

- [Intervention - Vitamin D 330 Interventions](#)  
**Note: It sorts the interventions by health problem as well as by date**
- [Vitamin D intervention trials - a long list - May 2014](#) 1204 trials  
**Update: 1568 Vitamin D intervention trials as of July 2016**
- [Systematic Reviews or Meta-Analysis of Vitamin D 272 items](#)

- [Multiple health problems are associated with low vitamin D – meta-meta-analysis April 2014](#)

## More intervention trials for Vitamin D than for the TOTAL of Vitamins A + C + E + K combined

**Vitamin D = 1639**, Others = 1603 [ [Vitamin A](#) 461 + [Vitamin C](#) 508 + [Vitamin E](#) 404 + [Vitamin K](#) 230 ] as of Dec 2016

## See also VitaminDWiki

- [Overview: Vitamin D also TREATS](#)
- [Is it ethical to not give vitamin D in osteoporosis trials– NEJM Sept 2010](#)  
 Some Vitamin D RCT are not being created because the researchers do not want to deprive the benefits to half of the patients  
 Some Vitamin D RCT cannot be started because too many candidates are already taking vitamin D
- [Reasons for Vitamin D deficiency](#)
- [List of all categories of Vitamin D Information](#) and number of items in each
- [List of all Overviews of Vitamin D 67 items](#) along with related searches

**Less sun => Less Vitamin D => Less Health**

<p style="text-align: center;"><b>Less Sun</b></p> <p><b>Less time outdoors</b></p> <ul style="list-style-type: none"> <li>- Air Conditioning</li> <li>- TV &amp; internet &amp; video games</li> <li>- Live in smoggy cities or in suburbs with little walking</li> <li>- Less work outdoors</li> <li>- Fear skin cancer and wrinkles</li> </ul> <p><b>Less sun when outdoors</b></p> <ul style="list-style-type: none"> <li>- Sunscreen</li> <li>- Protective clothing</li> </ul>	<p style="text-align: center;"><b>Less Health</b></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">                 ALS, Asthma, Autism, Breast Cancer, Cognitive Decline, Congestive Heart Failure, Cystic Fibrosis, Dental, Depression, Diabetes, Falls/fractures, Fibromyalgia, Kidney, Headache, Hypertension, Infection (antibiotics), Influenza, Lupus, MS, Osteoarthritis, Osteopenia, Osteoporosis, RA, Rickets, Pain-Back, Parkinson's, Psoriasis, Prostate Cancer, Pregnancy problems, Raynaud's, Tuberculosis, Ulcer -leg, Weight gain             </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">                 Allergy, Alzheimer's, Anemia, Bone, Cancers, Celiac, Chronic Fatigue, Chronic Pain, COPD, Fertility, Heart Disease, HIV, IBD, Metabolic Syndrome, MRSA, Myopathy, Sepsis, Thyroid             </div> <div style="border: 1px solid black; padding: 5px;">                 Acne, Ebola, Hearing, Liver, Rosecea, SAD, Shingles, Shin Splints, Suicide, Vision             </div>	<p><b>Strong Proof</b> that increase in Vit D decreases incidence and/or treats</p> <p><b>Associated</b> with low Vit D for most people with the disease</p> <p><b>Suspected</b> relationship with low Vitamin D</p>
<p><i>Additional reasons at: <a href="http://is.gd/lowvitamind">is.gd/lowvitamind</a></i></p> <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;">                 Henry Lahore 10/2015 VitaminDWiki details at <a href="http://is.gd/sundisease">is.gd/sundisease</a> </div>		

CLICK ON chart for more information and translation

### Vitamin D is especially needed during pregnancy

Lots of vitamin D improves pregnant mother & child health in **15+** ways

1. Reduces <a href="#">Miscarriage</a>	<b>2.5 times</b>	
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2. Reduces <a href="#">Pre-eclampsia</a>	<b>3.6 times</b>	RCT*
3. Reduces <a href="#">Gestational Diabetes</a>	<b>3 times</b>	RCT*
4. Reduces <a href="#">Depression AFTER pregnancy</a>	<b>1.4 times</b>	RCT*
5. Reduces <a href="#">Vaginosis</a>	<b>10 times</b>	RCT'*
6. Reduces <a href="#">Premature birth</a>	<b>2 times</b>	RCT*
7. Reduces <a href="#">C-section - unplanned</a>	<b>1.6 times</b>	
8. Reduces <a href="#">Small for Gestational Age</a>	<b>3 times</b>	
9. <a href="#">Infant height, weight, head size</a> within normal limits		RCT*
10. Reduces Childhood <a href="#">Wheezing</a>	<b>1.3 times</b>	RCT*
11. Reduces Childhood <a href="#">Autism</a>	<b>4 times</b>	
12. Reduces young adult <a href="#">Multiple Sclerosis</a>	<b>1.9 times</b>	
13. Reduces <a href="#">Preeclampsia</a> in young adult	<b>2 times</b>	
14. Reduces Childhood <a href="#">Mite allergy</a>	<b>5 times</b>	RCT*
15. Reduce Childhood <a href="#">Respiratory Tract visits</a>	<b>2.5 times</b>	RCT*

## List of health problems in the table at the top of this page

Hypertension, Cardiovascular, Back pain, Diabetes, Influenza, Falls, Hip Fractures, Breast Cancer, Multiple Sclerosis, Raynaud's pain, Menstrual Pain, C-section and pregnancy risks, Low Birth Weight, Chronic Kidney Disease, Cystic Fibrosis, Rheumatoid Arthritis, TB, Rickets, Respiratory Tract Infection, Lupus, Sickle Cell, leg ulcers, traumatic brain injury. Parkinson's Disease, Multiple Sclerosis, Congestive Heart Failure (Infants), Middle Ear Infection (Infants), Gingivitis, stronger senior muscles, antibiotic use in seniors, short Infants, Gestational Diabetes, heart pump better after the attack, Prostate Cancer, Asthma, Depression, Vitamin D in Breast Milk, Fibromyalgia, Chronic Hives, Cholesterol, Weight loss, COPD, Asthma, Quality of Life, Survive ICU, Restless Leg Syndrome, Hepatitis-C, Chron's disease, Pre-term birth, Lupus, Cluster headaches, Autism. PreDiabetes, Weight loss; Sarcopenia = muscle loss; Growing Pains, Osteoarthritis, ALS, Vertigo, Warts, Metabolic Syndrome, Hay fever, Preeclampsia, Blood cell cancer, Irritable Bowel Syndrome, Urinary Tract Infection, Mite Allergy, Perinatal Depression, Vaginosis. Eczema, NAFLD, Preeclampsia