

# USPSTF: Vitamin D, calcium supplements don't prevent fx

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Image courtesy of Blausen Medical

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(HealthDay)—For non-institutionalized postmenopausal women, the U.S. Preventive Services Task Force (USPSTF) recommends against daily supplementation with  $\leq 400$  IU of [vitamin D<sub>3</sub>](#) and  $\leq 1,000$  mg of calcium for primary prevention of fractures, and a lack of evidence impairs the provision of recommendations for other populations, according to a statement published online Feb. 26 in the *Annals of Internal Medicine*.

Using data from two [systematic evidence](#) reviews and a meta-analysis, Virginia A. Moye, M.D., M.P.H., and colleagues on behalf of the

USPSTF in Rockville, Md., examined the effects of vitamin D supplementation, with or without calcium, on bone health outcomes in community-dwelling adults. Adverse effects of supplementation were also considered.

The USPSTF found that, regarding [premenopausal women](#) and men, the current evidence was insufficient to support an evaluation of the benefits and harms of combined vitamin D and [calcium supplementation](#) on the primary prevention of fractures. For non-institutionalized postmenopausal women, insufficient evidence was available to examine the balance of benefits and harms for supplementation with >400 IU of vitamin D<sub>3</sub> and >1,000 mg of calcium for primary prevention of fractures. For non-institutionalized postmenopausal women, the USPSTF recommends against daily supplementation with ≤400 IU of vitamin D<sub>3</sub> and ≤1,000 mg of calcium.

"While we wait for the results of further research, the USPSTF's cautious, evidence-based advice should encourage clinicians to think carefully before advising calcium and vitamin D supplementation for healthy individuals," write the authors of an accompanying editorial.

**More information:** [Abstract](#)  
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