

Vitamin D does not improve glycemic control in prediabetes

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(HealthDay)—Supplementation with vitamin D does not appear to improve glycemic indices or cardiovascular risk factors in individuals with prediabetes, according to research published online June 19 in *Diabetes Care*.

Stina Therese Sollid, of the University of Tromsø in Norway, and colleagues randomly assigned 511 individuals with [impaired fasting glucose](#) (IFG) or impaired glucose tolerance (IGT) to vitamin D3 or placebo.

At one year, the researchers observed no differences between the vitamin D group and placebo group in measures of glucose metabolism, insulin secretion, or insulin sensitivity. No differences were observed between the groups for blood pressure or serum high-sensitivity C-

reactive protein level. Although a small but significant decrease in total and low-density lipoprotein cholesterol levels was observed in the vitamin D group compared with the [placebo group](#), high-density lipoprotein (HDL) cholesterol level decreased, and the change in total/HDL cholesterol ratio was not significant.

"This study shows that vitamin D supplementation does not improve glycemic indices, blood pressure, or lipid status in subjects with IFG and/or IGT," the authors write.

More information: [Abstract](#)
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