

Vitamin D supplementation doesn't change lean mass, BMD

April 11 2016



(HealthDay)—For postmenopausal women with vitamin D insufficiency

completing a structured weight-loss program, vitamin D₃ supplementation is not associated with changes in lean mass or bone mineral density (BMD), according to a study published online April 5 in the *Journal of the American Geriatrics Society*.

Caitlin Mason, Ph.D., from the Fred Hutchinson Cancer Research Center in Seattle, and colleagues compared the effects of 12 months of vitamin D₃ supplementation with placebo in 218 [postmenopausal women](#) aged 50 to 75 years with a [body mass index](#) of 25 kg/m² or greater with vitamin D insufficiency. Participants were randomized to oral vitamin D₃ or placebo in combination with a lifestyle-based weight loss intervention.

The researchers found that at 12 months there were significantly different changes in 25-hydroxyvitamin D between the vitamin D and placebo groups (13.6 ng/mL versus –1.3 ng/mL; P

"Vitamin D₃ supplementation during [weight loss](#) decreased leg strength but did not alter changes in lean mass or BMD in postmenopausal women with vitamin D insufficiency," the authors write.

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2016 [HealthDay](#). All rights reserved.

Citation: Vitamin D supplementation doesn't change lean mass, BMD (2016, April 11) retrieved 23 May 2024 from <https://medicalxpress.com/news/2016-04-vitamin-d-supplementation-doesnt-mass.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.
