

Vitamin D doesn't improve glucose measures

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(HealthDay)—Weekly doses of vitamin D do not improve oral glucose tolerance or markers of glycemic status among those at risk for diabetes, according to a study published online Sept. 26 in *Diabetes, Obesity and*

Metabolism.

Tracy S. Moreira-Lucas, Ph.D., from the University of Toronto, and colleagues conducted a 24-week randomized, placebo-controlled trial to study the effect of 28,000 IU of vitamin D₃ once weekly on [plasma glucose](#) after a two-hour, 75-g oral glucose tolerance test (2hrPC glucose); [insulin sensitivity](#); and beta-cell function. Of 71 participants with serum 5-hydroxyvitamin-D (25[OH]D) ≤65 nmol/L, impaired fasting glucose, and elevated glycated hemoglobin, 35 subjects received vitamin D and 36 received placebo.

The researchers found that serum 25(OH)D significantly increased in the vitamin D group. However, no significant differences in fasting or 2hPC glucose or other indices of [glucose metabolism](#), including beta-cell function and insulin sensitivity, were seen. The results were similar in a subgroup analysis of individuals with 25(OH)D

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