

# Sufficient preconception vitamin D tied to lower miscarriage risk

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(HealthDay)—Preconception vitamin D levels may play a role in maintaining pregnancy, according to a study published recently in *The Lancet Diabetes & Endocrinology*.

Sunni Mumford, Ph.D., from the National Institutes of Health in Bethesda, Md., and colleagues conducted a secondary analysis of data from the EAGeR trial to assess the association between preconception vitamin D and [pregnancy](#) outcomes among 1,191 women with proven fecundity. Serum 25-hydroxyvitamin D was measured preconception (baseline) and at 8 weeks gestation.

The researchers found that 555 women (47 percent) were classified as having sufficient concentrations ( $\geq 75$  nmol/L) while 636 (53 percent) had insufficient concentrations (

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