Abstract


Vitamin D supplementation: a pharmacologic perspective.

Boullata JI.

Division of Biobehavioral & Health Sciences, University of Pennsylvania, School of Nursing, Philadelphia, Pennsylvania, USA.

PURPOSE OF REVIEW: Vitamin D supplementation is expected to increase as clinicians try to optimize their patients’ vitamin D status. This review integrates newer information into a perspective on vitamin D disposition and effect.

RECENT FINDINGS: Vitamin D is being considered for indications beyond bone health. The limited dose-response data vary by indication, but generally target a goal serum 25(OH)D concentration of 80-120 nmol/l. Although oral vitamin D is adequately absorbed, distributed, metabolized, and utilized before being excreted, these factors may vary with baseline vitamin D status, genetic polymorphism, and the form of vitamin D being administered. Additionally, the responses to vitamin D can be tissue-specific and are not always well described.

SUMMARY: There is still a need to better characterize the disposition and effect of vitamin D supplementation. Data will need to be more specific to the therapeutic indication and demonstrate health outcomes. Long-term effects of high-dose supplementation at the tissue level will be especially important to describe.

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