

**MEDIA RELEASE**

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## VITAMIN D AND BONE HEALTH

*In response to a study, "Effects of Vitamin D Supplements on Bone Mineral Density: A Systematic Review and Meta-Analysis," conducted by the University of Auckland.*

Auckland University's claim that Vitamin D does not improve bone health, based on a review of previous studies is biased and misleading.

The review covers studies undertaken on healthy adults and states the obvious that if you have healthy vitamin D levels then supplementation is not required.

However, while 68.1% of New Zealanders had good levels of Vitamin D, 27.1 % of adults were below the recommended level of Vitamin D and 4.9% of adults had a Vitamin D deficiency, including .2% who had a severe deficiency.\*

There are thousands of studies that show the important role Vitamin D plays in bone health ranging from assisting with calcium absorption and utilisation to reducing bone loss and the risk of fractures.

One of the serious limitations of this meta-analysis was the lack of consideration of studies that looked at how vitamin D and calcium work together.

Discouraging supplementation of Vitamin D in healthy people is irresponsible as continuing research shows Vitamin D plays an important role in cardiovascular health, immune health and diabetes.

A deficiency in Vitamin D can cause weak, softened bones which can lead to rickets in children and osteoporosis in adults.

Getting sufficient Vitamin D from food is not easily obtained and exposure to the sun can carry its own risks so supplementation may be required to reach the recommended daily intake. If you are concerned you may not be getting sufficient Vitamin D you should consult your healthcare professional to have your Vitamin D levels checked.

\*Ministry of Health – Vitamin D Status of New Zealand Adults (March 2012)

**-ENDS-**

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