

References

1. Holick MF. Vitamin D deficiency. *N Engl J Med* 2007;357(3):266-281.
2. Holick MF. High prevalence of vitamin D inadequacy and implications for health. *Mayo Clin Proc* 2006;81:353-373.
3. Bischoff-Ferrari HA, Willett WC, Wong JB, et al. Fracture prevention with vitamin D supplementation: a meta-analysis of randomized controlled trials. *JAMA* 2005;293:2257-2264.
4. Dawson-Hughes B, Dallal GE, Krall EA, et al. Effect of vitamin D supplementation on wintertime and overall bone loss in healthy postmenopausal women. *Ann Intern Med* 1991;115:505-512.
5. Bischoff-Ferrari HA, Dawson-Hughes B, Willett WC, et al. Effect of vitamin D on falls: a meta-analysis. *JAMA* 2004;291:1999-2006.
6. Giovannucci E, Liu Y, Rimm EB, et al. Prospective study of predictors of vitamin D status and cancer incidence and mortality in men. *J Natl Cancer Inst* 2006;98:451-459.
7. Lee JH, O'Keefe JH, Bell D, et al. Vitamin D deficiency: an important, common, and easily treatable cardiovascular risk factor? *J Am Coll Cardiol* 2008;52:1949-1956.
8. Pittas AG, Dawson-Hughes B, Li T, et al. Vitamin D and calcium intake in relation to type 2 diabetes in women. *Diabetes Care* 2006;29:650-656.
9. Norman AW, Bouillon R, Whiting SJ. 13th workshop consensus for vitamin D nutritional guidelines. *J Steroid Biochem Mol Biol* 2007;103:204-205.
10. Chapuy MC, Preziosi P, Maamer M, et al. Prevalence of vitamin D insufficiency in an adult normal population. *Osteoporos Int* 1997;7:439-443.
11. Holick MF, Siris ES, Binkley N, et al. Prevalence of vitamin D inadequacy among postmenopausal North American women receiving osteoporosis therapy. *J Clin Endocrinol Metab* 2005;90:3215-3224.
12. Lips P, Hosking D, Lippuner K, et al. The prevalence of vitamin D inadequacy amongst women with osteoporosis: an international epidemiological investigation. *J Intern Med* 2006;260:245-254.
13. Bischoff-Ferrari HA, Giovannucci E, Willett WC, et al. Estimation of optimal serum concentrations of 25-hydroxyvitamin D for multiple health outcomes. *Am J Clin Nutr* 2006;84:18-28.
14. Cupp M. Prevention and treatment of vitamin D deficiency. *Pharmacist's Letter/Prescriber's Letter* 2008;24:240311.
15. Trang HM, Cole DEC, Rubin LA et al. Evidence that vitamin D₃ increases serum 25-hydroxyvitamin D more efficiently than does vitamin D₂. *Am J Clin Nutr* 1998;68:854-858.
16. Armas LAG, Hollins B, Heaney RP. Vitamin D₂ is much less effective than vitamin D₃ in humans. *J Clin Endocrinol Metab* 2004;89:5387-5391.
17. Holick MF, Biancuzzo RM, Chen TC, et al. Vitamin D₂ is as effective as vitamin D₃ in maintaining circulating concentrations of 25-hydroxyvitamin D. *J Clin Endocrinol Metab* 2008;93:677-681.
18. Standing Committee on the Scientific Evaluation of Dietary Reference Intakes Food and Nutrition Board, Institute of Medicine. Dietary reference intakes for calcium, phosphorus, magnesium, vitamin D and fluoride. Washington, DC: National Academy Press, 1999.
19. Vieth R. Why the optimal requirement for Vitamin D₃ is probably much higher than what is officially recommended for adults. *J Steroid Biochem Mol Biol* 2004;89-90:575-579.
20. Tangpricha V, Pearce EN, Chen TC, et al. Vitamin D insufficiency among free-living healthy young adults. *Am J Med* 2002;112:659-662.
21. Barger-Lux MJ, Heaney RP, Dowell S, et al. Vitamin D and its major metabolites: serum levels after graded oral dosing in healthy men. *Osteoporos Int* 1998;8:222-230.
22. Powell HS, Greenberg D. Tackling vitamin D deficiency. *Postgrad Med* 2006;119:25-30.
23. Hathcock JN, Shao A, Vieth R, et al. Risk assessment for vitamin D. *Am J Clin Nutr* 2007;85:6-18.
24. Heaney RP. The vitamin D requirement in health and disease. *J Steroid Biochem Mol Biol* 2005;97:13-19.