

## NEWS RELEASE

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# New Vitamin D Study Ignores Scientific Evidence And Medical Guidance From Around The World

**WASHINGTON, D.C.**— A new study published in the medical journal *Lancet Diabetes & Endocrinology* contradicts scientific research related to vitamin D’s importance in supporting bone mineral density and preventing fractures and falls in elderly adults. Furthermore, these claims are at odds with the Food and Drug Administration’s Significant Scientific Agreement regarding health claims for vitamin D supplements and the guidance from medical organizations around the world.

“We were shocked when this study came out because of its total disregard for the wealth of scientific research and medical guidance in the U.S. and around the world. Vitamin D is critical to supporting bone mineral density and a daily supplement at the advice of a doctor is an excellent way for people to get the right amount,” said Daniel Fabricant, Ph.D., president and CEO of NPA.

According to the National Osteoporosis Foundation, “too many Americans fall short of getting the amount of calcium they need every day and that can lead to bone loss, low bone density and even broken bones.”

Health organizations in the United States and around the world advocate for sufficient vitamin D intake:

- The United States Food and Drug Administration guidance allowed on vitamin D supplements states that “adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.”
- The 2011 Dutch Guideline on Osteoporosis and Fracture Prevention (CBO Guideline) advises in the case of patients taking medication to prevent fractures to aim for a total calcium intake (diet and supplements) of 1,000- 1,200 mg calcium per day and an intake of vitamin D supplements of 800 IU per day.
- Canadian guidelines advise intake of 1,200 mg calcium daily in women 50 years and older and men 70 years and older. The vitamin D intake in elderly persons should be 1,000-1,200 IU daily.
- The Australian guideline advises for women over 50 years of age a calcium intake of 1,300 mg per day and a vitamin D intake of 800 IE.



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**Natural Products Association**

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