

Vitamin D supplementation doesn't change lean mass, BMD

11 April 2016



"Vitamin D₃ supplementation during [weight loss](#) decreased leg strength but did not alter changes in lean mass or BMD in postmenopausal women with vitamin D insufficiency," the authors write.

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(HealthDay)—For postmenopausal women with vitamin D insufficiency completing a structured weight-loss program, vitamin D₃ supplementation is not associated with changes in lean mass or bone mineral density (BMD), according to a study published online April 5 in the *Journal of the American Geriatrics Society*.

Caitlin Mason, Ph.D., from the Fred Hutchinson Cancer Research Center in Seattle, and colleagues compared the effects of 12 months of vitamin D₃ supplementation with placebo in 218 [postmenopausal women](#) aged 50 to 75 years with a [body mass index](#) of 25 kg/m² or greater with vitamin D insufficiency. Participants were randomized to oral vitamin D₃ or placebo in combination with a lifestyle-based weight loss intervention.

The researchers found that at 12 months there were significantly different changes in 25-hydroxyvitamin D between the vitamin D and placebo groups (13.6 ng/mL versus ?1.3 ng/ml; P

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