

Vitamin D & Chronic Disease Risk:
Causes, Consequences, & Clinical Recommendations

Selected References

1. Holick MF. The vitamin D epidemic and its health consequences. *J Nutr.* 2005;135:2739S-2748S.
2. Holick MF. High prevalence of vitamin D inadequacy and implications for health. *Mayo Clin Proc.* 2006;81:353-373.
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4. Holick MF. Diabetes and the Vitamin D Connection. *Current Diabetes Reports* 2008; 8:393-398.
5. Holick, MF. Vitamin D Deficiency. *N Engl J Med.* 2007;357:266-281.
6. U.S. Department of Health & Human Services. Bone Health and Osteoporosis: A Report of the Surgeon General. Issued October 14, 2004. Accessed June 12, 2006.
7. Institute of Medicine. Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride (1997). Accessed June 12, 2006.
8. 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(3):677-681.
9. Moore CE, Murphy MM, Keast, DR, Holick MF. Vitamin D intake in the United States. *J Am Diet Assoc.* 2004;104:980-983.
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Additional Resources

- VitaminDHealth.org—Dr. Michael F. Holick on Vitamin D. Available at: <http://www.vitaminhealth.org>.
- Institute of Medicine. Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride (1997). Available at: www.nap.edu/books/0309063507/html/index.html.
- National Institutes of Health/Office of Dietary Supplements. Dietary supplement fact sheet: Vitamin D. Available at: <http://ods.od.nih.gov/factsheets/vitaminD.asp>.
- Vitamin D: Benefits for Bone Health and Beyond—A Conversation with Dr. Michael F. Holick. Available at: http://www.beverageinstitute.org/healthcare_professionals/vitamin_d_qa.shtml.
- Client handout: Straight Facts about Vitamin D. Available at: <http://www.beverageinstitute.org/vitaminD/files/vitamin-d-straight-facts.pdf>.