

July 21st, 2010

Osteoporosis Canada has published new guidelines for vitamin D intake: 400-1000 IU/day for adults under age 50, and 800-2000 IU/day for adults over 50.

OSTEOPOROSIS CANADA UPDATES VITAMIN D GUIDELINES

Osteoporosis Canada is the latest professional organization to revise and increase their recommended guidelines for vitamin D intake levels.

In a paper published in the Canadian Medical Association Journal, a team of researchers associated with the organization discuss the importance of modernizing vitamin D recommendations.

"The last comprehensive update to the Canadian Osteoporosis guidelines came out in 2002, and there's been a lot of new work that's taken place in the last eight years," said Dr. Bill Leslie, chair of the organization's scientific advisory council. "So we felt it was important, given the public's interest in this and the new emerging scientific data, that we look at our previous statements. And in so doing, (we) saw that the previous recommendations made needed to be updated."

As of July 2010, Osteoporosis Canada is now recommending daily supplements of 400 to 1000 IU for adults under age 50 without osteoporosis or conditions affecting vitamin D absorption. For adults over 50, supplements of between 800 and 2000 IU are recommended.

The report also makes it clear that dietary supplements are the recommended method for raising vitamin D levels. The [press release](#) accompanying the report states: "Milk fortified with vitamin D3 contains 100 IUs per 250 ml glass. Foods such as margarine, eggs, chicken livers, salmon, sardines, herring, mackerel, swordfish and fish oils (halibut and cod liver oils) all contain small amounts. Supplementation is necessary to obtain adequate levels as dietary intake has minimal impact."

This report from Osteoporosis Canada is an important step toward increasing vitamin D awareness both in Canada and internationally. Canadians are often at increased risk of seasonal vitamin D deficiency because winter sunlight in northern latitudes (above 35°) lacks the ultraviolet-B necessary to stimulate sufficient vitamin D production.

Hanley DA, Cranney A, Jones G, Whiting SJ, Leslie WD, Cole DEC, Atkinson SA, Josse RG, Feldman S, Kline GA, Rosen C. Vitamin D in adult health and disease: a review and guideline statement from Osteoporosis Canada. 2010. CMAJ 10.1503/cmaj.080663, ePub ahead of print. Retrieved online 14 July 2010.