Vitamin D vitamers affect vitamin D status differently in young healthy males - DTU Orbit (18/08/2019)

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Dietary intake of vitamin D includes vitamin D3 (vitD3), 25-hydroxyvitamin D3 (25OH-D3), and vitamin D2 (vitD2). However, the bioactivity of the different species has not been scientifically established. The hypothesis in this study was that vitD3, 25OH-D3, and vitD2 have an equal effect on 25-hydroxyvitamin D in serum (vitamin D status). To test our hypothesis, we performed a randomized, crossover study. Twelve young males consumed 10 µg/day vitD3 during a four-week run-in period, followed by 3 × 6 weeks of 10 µg/day vitD3, 10 µg/day 25OH-D3, and 10 µg/day vitD2. The content of vitD3, vitD2, 25OH-D3, and 25-hydroxyvitamin D2 (25OH-D2) in serum was quantified by liquid chromatography-tandem mass spectrometry (LC-MS/MS). The hypothesis that the three sources of vitamin D affect vitamin D status equally was rejected. Based on the assumption that 1 µg vitD3/day will show an increase in vitamin D status of 1.96 nmol/L, the results showed that 23 µg vitD2 and 6.8 µg 25OH-D3 was similar to 10 µg vitD3. These results demonstrate that further investigations are necessary to determine how to quantify the total vitamin D activity based on chemical quantification of the individual vitamin D metabolites to replace the total vitamin D activity assessed in biological rat models.

General information
Publication status: Published
Organisations: National Food Institute, Research group for Bioactives – Analysis and Application, Department of Applied Mathematics and Computer Science, Division of Risk Assessment and Nutrition, Research group for Risk Benefit, University of Copenhagen
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Number of pages: 12
Publication date: 2018
Peer-reviewed: Yes

Publication information
Journal: Nutrients
Volume: 10
Issue number: 1
ISSN (Print): 2072-6643
Ratings:
BFI (2018): BFI-level 1
Scopus rating (2018): CiteScore 4.51 SJR 1.493 SNIP 1.38
Web of Science (2018): Impact factor 4.171
Web of Science (2018): Indexed yes
Original language: English
Keywords: 25-hydroxyvitamin D3, Bioactivity, Humans, Supplements, Vitamin D2, Vitamin D3
Electronic versions:
nutrients_10_00012.pdf
DOIs:
10.3390/nu10010012
Source: Scopus
Source-ID: 85039442587
Research output: Contribution to journal › Journal article – Annual report year: 2018 › Research › peer-review