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ASN COMMENTS ON IOM VITAMIN D/CALCIUM REPORT

November 30, 2010—The Institute of Medicine (IOM) released a [report](#) today on health outcomes associated with calcium and vitamin D, which includes an update on the recommended dietary reference intakes (DRIs). The conclusion, developed by experts who served on the IOM committee, is that most Americans and Canadians are receiving adequate amounts of both calcium and vitamin D. In addition, there is new evidence that too much of these nutrients could be harmful. The new Vitamin D recommended dietary allowance for adults older than 71 is 800 IU/day.

Patsy M. Brannon, PhD, IOM committee member and American Society for Nutrition Spokesperson, explained the process behind the creation of the report: “The new DRIs for calcium and vitamin D are the first developed using a Risk Assessment framework and systematic evidence-based reviews. The committee comprehensively evaluated the available evidence on a wide variety of health outcomes including bone health, cancer, cardiovascular disease, type 2 diabetes, autoimmune disorders, and infectious disease.”

The bottom line from this report is that consuming more vitamin D and calcium does not appear to offer further protection against disease, and that high amounts of vitamin D may lead to harm such as kidney and tissue damage.

The recent message that consumers have been hearing about vitamin D deficiency should be tempered by new data. Dr. Brannon added, “The committee noted that vitamin D deficiency in American and Canadian populations may have been overestimated by the use of inappropriately high cut-offs of blood vitamin D levels.”

Moving forward, physicians will have to reevaluate their use of vitamin D tests for patients. “With time, as we establish better guidelines for vitamin D nationally, physicians will be using more careful assessments,” said Steven Clinton, MD, PhD, a member of the committee, during today’s press conference.

The American Society for Nutrition (ASN) is the preeminent professional organization for nutrition research scientists and clinicians around the world. ASN is dedicated to bringing together the top nutrition researchers, medical practitioners, policy makers and industry leaders to advance our knowledge and application of nutrition. Founded in 1928, ASN publishes The American Journal of Clinical Nutrition (AJCN), The Journal of Nutrition (JN), and Advances in Nutrition and provides a wide range of education and professional development opportunities to advance nutrition research, practice, and education. Visit ASN online at www.nutrition.org.

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