

INTERNATIONAL COMMISSION ON NON-IONIZING RADIATION PROTECTION



WORKING GROUP

REPLY TO WILLIAM B. GRANT

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The author declares no conflict of interest.

WILLIAM B. GRANT

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REPLY TO WILLIAM B. GRANT

Dear Editors:

THE UVI working group acknowledges the contribution of Vitamin D to bone health as stated in our paper. However, we concluded that an optimal level of Vitamin D for humans has not yet been established with any certainty. Evidence of the health benefits of Vitamin D unrelated to bone health also has not been unequivocally documented (for a comprehensive review on dietary reference intakes, see www.nap.edu/catalog.php?record_id=13050). Contrary to Grant's views, there is scientific agreement that ecological studies should not be the basis of recommendations to the public, since any observed associations are easily confounded and therefore potentially unreliable.

The only way to properly evaluate the evidence of the beneficial effects of solar UVB as Grant requests is through a systematic review of the relevant literature. This must of course be set against the long established body of evidence of the harmful effects of exposure to solar UVB. When a systematic review of Vitamin D and cancer was performed by IARC in 2008, benefits were inconclusive and did not outweigh the harms (IARC Working Group Reports Vol. 5, International Agency for Research on Cancer, Lyon, 25 November 2008). The UVI working group would welcome a fresh systematic review to take account, as necessary, of new high-level evidence regarding the beneficial effects of exposure to solar UVB.

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