

Infant-Child

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Overview

- No consensus on MINIMUM International Units (IU) for healthy infant of normal weight
- 400 IU Vitamin D is no longer enough
Was OK in the past century, but D levels have been dropping for a great many reasons.
[FDA doubles the amount of vitamin D permitted in milk – July 2016](#)
- No consensus: range is 600 to 1600 IU – based on many randomized controlled trials
- [Review of 400 IU to 2000 IU daily and higher if non-daily](#)
- [Fewer pre-infants were vitamin D deficient when they got 800 IU – RCT Feb 2014](#)
- [1600 IU was the conclusion of three JAMA studies](#)
1000 IU recommended in France and Finland – 2013 - appears to be a good level
- [5X less mite allergy after add vitamin D](#)
- [Child bone fractures with low vitamin D were 55X more likely to need surgery](#)
- [75 % of SIDS had low vitamin D](#)
- [Children stayed in ICU 3.5 days longer if low vitamin D – Dec 2015](#)
- [5 out of 6 children who died in pediatric critical care unit had low vitamin D – May 2014](#)
- [Infants have gotten free 400 IU of vitamin D in Turkey since 2005, More for longer would be even better – Feb 2022](#)
- [Preemies should have vitamin D supplements – reaching an agreement – April 2021](#)
- [Vitamin D loading dose was as effective as daily dosing \(rickets in this case\) – RCT July 2021](#)

Having a good level of vitamin D cuts in half the amount of:

- Asthma, Chronic illness, Doctor visits, Allergies, [infection](#)
[Respiratory Tract Infection](#), [Growing pains](#), Bed wetting

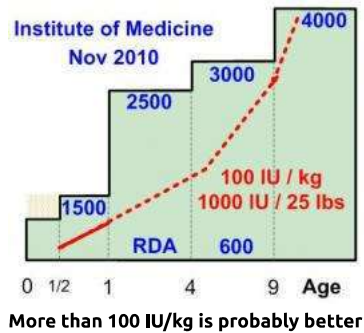
Need even more IUs of vitamin D to get a good level if;

- Have little vitamin D: [premie](#), twin, mother did not get much sun access
- Get little vitamin D: dark skin, little access to sun
- Vitamin D is consumed faster than normal due to sickness
- Older (need at least 100 IU/kilogram, far more if obese)
- Not get any vitamin D from Formula (breast fed) or (fortified) milk
Note – formula does not even provide 400 IU of vitamin D daily

Infants-Children need Vitamin D

- Sun is great – well known for 1,000's of years.
US govt (1934) even said infants should be out in the sun
- One country recommended 2,000 IU daily for decades – with no known problems
- As with adults, infants and children can have loading doses and rarely need tests
- Daily dose appears to be best, but monthly seems OK

- Vitamin D is typically given to infants in the form of drops
 - big difference in taste between brands
 - can also use water-soluble form of vitamin D in milk, food, juice,
- Infants have evolved to get a big boost of vitamin D immediately after birth
 - Colostrum has 3X more vitamin D than breast milk - provided the mother has any vitamin D to spare
- [100 IU per kg of infant](#) July 2011, Poland etc.



Did you know that:

Getting Vitamin D into infants

Many infants reject vitamin D drops, even when put on nipple

I speculate that the rejection is due to one or more of: additives, taste, and **oils**.

Infants have a [hard time digesting oils, 1999 1997](#) and palm oils [W.A. Price 1 2 3](#)

Coconut oil, such as in D-Drops, is digested by infants. [1, 2 3](#)

Bio-Tech Pharmacal Vitamin D has NO additives, taste, **no oil**

One capsule of 50,000 Bio-Tech Pharmacal Vitamin D could be stirred into monthly formula or given once a month

this would result in ~1,600 IUs per day for infant, and higher dose with weight/age/formula consumption

Learn how Vitamin D is essential for good health

Watch a 5 minute video "[Does Less Sun Mean more Disease?](#)"

Browse for other **Health Problems and D** in left column or [here](#)

see also **Supplementing** and **More** in the menu at the top of every page

If you have a disease associated with low Vit D take Vit D

Raising your Vit D levels will substantially prevent other low-Vit D health problems

[Proof that Vitamin D Works](#) [Getting Vitamin D into your blood and cells](#)

[Is 50ng enough?](#) [How to restore levels quickly](#) [VitaminDWiki interview and transcript - Lahore Jan 2022](#)

[Books and Videos 276](#) [Diseases that may be related via low vitamin D](#)

[Reasons for low response to vitamin D](#) [Why are doctors reluctant](#)

Cancer studies include: [Breast 260](#) [Colon 146](#) [Lung 55](#) [Prostate 105](#) [Pancreatic 58](#) [Skin 121](#)

[Colds and flu](#) [Dark Skin 469](#) [Diabetes 555](#) [Obesity 444](#) [Pregnancy 931](#) [Seniors 433](#)

[COVID-19 treated by Vitamin D - studies, reports, videos](#)

Related Searches

- [859 items in the category Infant/Child](#) See also
- [34 pages in VitaminDWiki had BREASTFE*in title as of Jan 2022](#)
- ["BIRTH DEFECTS" 172 items as of July 2016](#)
- [Stunting OR "low birth weight" OR LBW OR preemie OR preemies OR preterm 1940 items as of Oct 2018](#)
- [153 VitaminDWiki pages contained PRETERM or PREMIE in title as of Nov 2024](#)
- ["SUDDEN INFANT DEATH" OR SIDS 214 items as of Dec 2020](#)
- [Overview of Rickets and Vitamin D](#)
- [Youth](#) category listing has [175 items](#) along with related searches
- [Down's syndrome and low vitamin D - several studies](#)

- [Rett syndrome associated with low vitamin D, treated by Omega-3](#)

859 Infant/Child articles

wiki page:

- [Vitamin D injection did not help critically ill children \(injection take too long to help\) – Feb 2025](#)
- [Children who had COVID had 2.2 X higher risk of long COVID if had less than 30 ng of Vitamin D – Jan 2025](#)
- [Multiple Childhood Vaccinations increased autism risk by 4.4 X \(Florida\) – Jan 2025](#)
- [Cancer patients have low vitamin D \(Pediatric in this case\) - Dec 2024](#)
- [Increased risk of child obesity if low vitamin D while pregnant](#)
- [Children with low vitamin D became adults having 2X more chronic health problems – Nov 2024](#)
- [French children prescribed liquid vitamin D - daily, monthly and quarterly - Nov 2024](#)
- [3X reduction in respiratory infections in children taking more than 800 IU of Vitamin D weekly – Nov 2024](#)
- [Perhaps getting Vitamin D as infant decreases risk of Autoimmune Diseases as adult](#)
- [Risk of childhood pneumonia reduced 30% by high Vitamin D - Oct 2024](#)
- [Bronchopulmonary dysplasia, in a third of preemies, 87% reduced risk for just 1 ng higher Vitamin D level – Oct 2024](#)
- [Leg fractures in children requiring surgery healed months faster if high vitamin D - Sept 2024](#)
- [Hospital costs for an extreme preemie adds 58,000 dollars to the cost of full term birth – Dec 2022](#)
- [Vitamin D and Omega-3 benefits to pregnancy and infants](#)
- [Give ICU children a bolus dose of 10,000 IU of vitamin D per kg – RCT underway Sept 2024](#)
- [Highly likely that neonate will be vitamin D deficient if the mother was - Sept 2024](#)
- [Pfizer COVID vaccinations resulted in altering immune systems \(increased IgG4 \) – Aug 2024](#)
- [Very preterm infants with low vitamin D are 4 X more likely to have retinal problems – Aug 2024](#)
- [Children had a better response to Vitamin D given every 2 weeks than daily – RCT Aug 2024](#)
- [Growing pains associated with low Vitamin D - many studies](#)
- [Infant respiratory distress reduced by Vitamin D – meta-analysis July 2024](#)
- [Urinary Tract Infection and Vitamin D – several studies](#)
- [Growing pains reduced in 91% of children with a single dose of Vitamin D – July 2024](#)
- [Omega-3 added to father’s diet reduced offspring’s obesity \(mice\) – June 2024](#)
- [Bedwetting more frequent if Vitamin D levels less than 14 ng – June 2024](#)
- [Getting more than 1,000 IU of Vitamin D cut in half childhood risk of influenza, coughs and fevers – Meta-analysis May 2024](#)
- [Only 3.4% of Portuguese children get vitamin D supplements \(good dose taken weekly costs only 50 cents\) – May 2024](#)
- [Atopic Dermatitis more likely if e-cigarette, passive smoke while pregnant or Caesarean](#)
- [2X less risk of respiratory distress syndrome if 50,000 IU of Vitamin D just before premature birth – RCT May 2024](#)
- [Obesity is associated with 1 to 5 poor vitamin D genes \(childhood obesity in the case\) – July 2024](#)
- [FDA study of 4 million children found 2 COVID-19 vaccination red flags, but continue to push boosters – May 2024](#)
- [Fathers taking antibiotics at time of conception had 3X higher infant deaths \(mice – so far\) – May 2024](#)
- [Kawasaki Disease and Vitamin D - several studies](#)
- [2400 IU Vitamin D daily to get 90% of children above 30 ng, etc. – Cashman April 2024](#)
- [Childhood Dental Caries about 2X more likely if Vitamin D is less than 20 ng – review April 2024](#)
- [Children in hospital: those with COVID had lower Vitamin D, Iron, etc. – April 2024](#)
- [Vitamin D deficiency in children: 9%, but up to 75% in children with fractures – April 2024](#)
- [Obese children have poor vitamin D genes \(CYP27A1, CYP2R1, CYP27B1\) – March 2024](#)
- [US has the most vaccinations before age 1 and the most deaths - March 2024](#)

- [Obese children had less gene methylation \(gene not work as well\) – March 2024](#)
- [22% of children \(0-5y\) are stunted, Vitamin D deficiency is a primary cause – several studies](#)
- [Atopic Dermatitis not helped by small weekly doses of Vitamin D \(8K 2y-6y,16K 12y-18y\) – RCT March 2024](#)
- [Children eating a plant-based diet should add Vitamin B12, Vitamin D, etc – March 2024](#)
- [18,000 schoolchildren in Canada to be suspended for not being vaccinated - Feb 2024](#)
- [Vitamin D levels are low during Recurrent Wheezing - Feb 2024](#)
- [Diarrhea and Vitamin D - several studies](#)
- [2800 IU of Vitamin D in late pregnancy resulted in 3X fewer fractures, 4X fewer enamel defects in offspring – RCT Jan 2024](#)
- [Nutrient consumption – only 7% of recommended DRV of Vitamin D \(German Children in this case\) – Jan 2024](#)
- [Early Childhood Caries 1.4 times more likely if 20-30 ng of Vitamin D – meta-analysis Jan 2024](#)
- [Obese asthmatic children Vitamin D - 50,000 IU then 8,000 IU daily - RCT Jan 2024](#)
- [Childhood Cancers - Vitamin D can help - many studies](#)
- [COVID Vaccinated Children 1.25 X More Likely to Be Hospitalized for Respiratory Illness - CDC Jan 2024](#)
- [Hay fever and autism 2X more likely if poor Vitamin D Receptor \(children in India\) - Jan 2024](#)
- [Vitamin D recommended for infants by 98% of Belgian pediatricians - 2024](#)
- [High-dose Vitamin D reduced inflammation and insulin resistance \(obese children\) - Dec 2023](#)
- [France has injected 200,000 infants with RSV vaccine, based on no long-term data - Here we go again - Dec 2023](#)
- [Monthly vitamin D dosing during lactation was great for infant and mother - April 2020](#)
- [Caries in deciduous teeth about 2X more likely if low vitamin D – Review Nov 2023](#)
- [Tic disorders associated with Vitamin D - several studies](#)
- [Monthly vitamin D dosing better for children than daily \(again\) - Oct 2023](#)
- [Brazil mandates COVID-19 vaccine for children - Nov 2023](#)
- [Vitamin D half life is shorter in asthmatic children who are more obese – Nov 2023](#)
- [A common recurrent childhood fever \(PFAPA\) was reduced by half by 2000 IU of daily vitamin D – Oct 2023](#)
- [Infections in children reduced a bit by 2,000 IU of vitamin D - meta-analysis July 2023](#)
- [Doctors in NY cannot opt out of COVID boosters for children - Oct 2023](#)
- [Anemia 8X more likely in infants if low vitamin D – Sept 2023](#)
- [Breastfeeding and Vitamin D - many studies](#)
- [Respiratory infections in children 6 X more likely if low Vitamin D \(avg of 2 studies\) - Aug 2023](#)
- [Infants getting lots of vaccinations are 2X more likely to die - July 2023](#)
- [Prevention of allergies, eczema, asthma, in children – Vitamin D during pregnancy is a principal solution – July 2023](#)
- [COVID, Long-COVID and Vitamin D in children - Review April 2023](#)
- [Respiratory infection, children and Vitamin D - many studies](#)
- [Thin Choroid \(eye lining\) in children thickened by 300,000 IU of Vitamin D – July 2023](#)
- [Depressed infants have very low Vitamin D \(7.5 ng\) – June 2023](#)
- [FDA drug to TREAT child Type 2 diabetes \(based on 1 trial of only 50\) – June 2023](#)
- [Bone fractures of children not reduced if given little vitamin D, no Calcium etc. – RCT May 2023](#)
- [Malaria death 3X less likely in mice given vitamin D \(looks good for humans too\) – meta-analysis June 2023](#)
- [Childhood Cancer Survivors have worse arteries due to anticancer therapy – May 2023](#)
- [Asthma by age 7 if wheezing before preschools and poor vitamin D Receptor - May 2023](#)
- [3% fewer respiratory problems in children if single 100K vitamin D in 3rd trimester – May 2023](#)
- [Little second-hand smoke problem in children if mother had added Vitamin D while pregnant - RCT Feb 2023](#)
- [Preemies with pneumonia infection have especially low vitamin D levels \(12 ng\) – May 2023](#)

- [Chronic tonsillitis virtually eliminated in children by Vitamin D \(50,000 IU weekly\) – RCT May 2023](#)
- [Infants getting an additional 800 IU of vitamin D for 2 years had 60% fewer psychiatric symptoms at age 7 – RCT May 2023](#)
- [Response to infant 2,000 IU Vitamin D daily was in 194 ng, monthly dosing was 20% less – RCT May 2023](#)
- [Vitamin D during pregnancy increased child's bone mineral density – meta-analysis April 2023](#)
- [94 percent of children with Chronic Neurological Diseases had low vitamin D – April 2023](#)
- [Cost-effective to give Vitamin D to all children to prevent acute respiratory infection – April 2023](#)
- [Transgender associated with autism, low vitamin D, low BMD, etc. - many studies](#)
- [Infant should have fewer problems with air pollution if high maternal vitamin D – March 2023](#)
- [Allergic rhinitis sublingual therapy was 22X more successful if good level of Vitamin D – Feb 2023](#)
- [Childhood BMI decreased when add a little Vitamin D – meta-analysis March 2023](#)
- [Multisystem Inflammatory Syndrome of COVID in Children 3X more likely if low Vitamin D – Feb 2023](#)
- [Higher Vitamin D-binding protein is good \(neonates in this case\) – Feb 2023](#)
- [Sepsis is fought by Vitamin D in 9 ways – Feb 2023](#)
- [Low-energy fractures in children with low vitamin D - many studies](#)
- [All children with Chronic Kidney Disease had low Vitamin D \(Pakistan hospital\) Jan 2023](#)
- [Childhood and youth obesity – more than 4,000 IU vitamin D average daily would help – meta-analysis Jan 2023](#)
- [Child Obesity and Vitamin D - many studies](#)
- [Low energy bone fractures associated with low vitamin D – Dec 2022](#)
- [Vitamin D spray results in bigger response than drops – Jan 2021](#)
- [ADHD significantly treated by daily Magnesium plus weekly Vitamin D – RCT April 2021](#)
- [Cancer in children \(Leukemia\) more likely to recur if 20-30 ng of vitamin D – Nov 2022](#)
- [Phototherapy to reduce infant Jaundice decreases Vitamin D, Mg, etc. Nov 2022](#)
- [Dark-skinned infants got minimal vitamin D from 4 minutes sunbathing daily – RCT Nov 2022](#)
- [Increase infant Vitamin D: fortification, daily, weekly, monthly, breast milk - Review June 2022](#)
- [PICU layoffs due to pandemic lulls, but children are now getting 3 years of viral infection all at once – Oct 2022](#)
- [COVID 5.5 X more likely to be severe if low Vitamin D \(children in this case\) – Oct 2022](#)
- [RSV kills 100,000 children annually around the world \(Vitamin D can help\)– May 2022](#)
- [Tripleemic: Flu, COVID, and RSV \(all fought by Vitamin D\) - Oct 2022](#)
- [CDC advised to recommended annual COVID vaccination of all children over 6 months old – Oct 20, 2022](#)
- [Vitamin D Deficiency in children in SE Asia – Oct 2022](#)
- [Brain and Vitamin D - many studies](#)
- [Small doses of Vitamin D do not reduce childhood breathing allergies – meta-analysis Oct 2022](#)
- [24 Vitamin D global guidelines for children, huge diversity – Sept 2022](#)
- [Opioids leading cause of poisoning deaths in young children - Oct 2022](#)
- [Many ear problems are strongly associated with low vitamin D – meta-analysis Feb 2022](#)
- [6X increase in excess deaths of children since vaccinations were started - Oct 2022](#)
- [US children not getting enough vitamin D, recommends free milks and perhaps 3X increased fortification – Sept 2022](#)
- [Early puberty during pandemic \(low vitamin D\) - several studies](#)
- [IBD treated in children by Vitamin D, especially if use more than 2,000 IU daily for 12 weeks – meta-analysis – Sept 2022](#)
- [COVID kids were more likely to have a poor VDR \(4.3 X\), than low Vitamin D \(2.6 X\) – Sept 2022](#)
- [Half of infants had less than 20 ng of Vitamin D with 800 IU \(need more\) – RCT Sept 2022](#)
- [Recent increases in pediatric endocrine problems may be decreased by Vitamin D – Aug 2022](#)
- [Obese during childhood usually results in obese adult \(M.R., not a surprise\) - Aug 2022](#)

- [Poor children were 2X more-likely to be vitamin D deficient \(Ireland\) – July 2022](#)
- [Autism may be synergistically treated by Vitamin D and probiotics – July 2022](#)
- [Poor prognosis of solid childhood cancers 14.7 X more likely with a poor Vitamin D Receptor – July 2022](#)
- [COVID children helped by Vitamin D, trial terminated: unethical to not give Vitamin D to all: – RCT July 2022](#)
- [Children with Kawasaki disease are 29 X more likely to be Vitamin D deficient – Jan 2022](#)
- [Faster growth in infants getting 1200 IU of Vitamin D – RCT July 2022](#)
- [Autism increased 53 percent between 2017 and 2020 - July 2022](#)
- [Vitamin D levels in new borns are so low that they are considering supplementing to prevent Rickets \(Japan\) – July 2022](#)
- [Increase in children with low vitamin D and with tibia fractures during COVID – June 2022](#)
- [28,859 deaths and 238,412 serious injuries due to vaccines, how many more when add ages 0.5 - 5 – June 2022](#)
- [Breastfed Infants need more than an daily average of 800 IU of Vitamin D – RCT June 2022](#)
- [Newly diagnosed Children with Cancer have low vitamin D, especially if black - May 2022](#)
- [Vitamin D reduces childhood allergic airway diseases \(confirmed by metabolomics this time\) – May 2022](#)
- [Half of Chinese Children with Tic Disorders had low vitamin D – May 2022](#)
- [Pandemic Vitamin D levels dropped by 3.3 ng \(perhaps less D, more health problems\) – May 2022](#)
- [Problems after childhood vaccinations - many studies](#)
- [2.4 X fewer lower respiratory track infections in infants getting 400 IU of Vitamin D – May 2022](#)
- [Wheezing and asthmatic children have weaker Vitamin D responses - May 2022](#)
- [Puberty Starts Earlier Than It Used To \(unaware of Vitamin D\) - May 2022](#)
- [FDA approved 5-11 vaccine booster \(based tiny unpublished study without asking advisory panel\) May 2022](#)
- [Vitamin D helps some child health problems in Pakistan – May 2022](#)
- [Arctic school children in Russia: only 1 in 11 has more than 30 ng of Vitamin D – April 2022](#)
- [Remdesivir approved to treat COVID in Infants, yet Vitamin D is 3000 X more cost effective and widely used - April 2022](#)
- [Risk factors for severe COVID in children are all related to low vitamin D \(same as adults\) - April 2022](#)
- [Hepatitis normally rare in children: huge increase after lockdown \(Adenovirus, low Vitamin D\) - April 2022](#)
- [Children with higher Vitamin D had less severe COVID \(no surprise\) – April 2022](#)
- [High-dose Vitamin D safe for children \(10,000 IU daily, 600,000 IU bolus\) – meta-analysis April 2022](#)
- [High-Dose and Bolus Dose vitamin D supplementation are save for children – meta-analysis April 2022](#)
- [Children have less severe COVID, but just as much long-haul as adults - April 2022](#)
- [Croup \(due to viruses\) has surged with Omicron - March 2022](#)
- [French pediatric consensus: 30 – 60 ng of Vitamin D – Feb 2022](#)
- [Majority of South Asian children and youths have low vitamin D \(85 pcnt of neonates\) – March 2022](#)
- [Vitamin D Toxicity with no long term problems starts at 300 ng \(infant with 222 ng had no symptoms\) – March 2022](#)
- [COVID children with multisystem inflammatory syndrome have less than 10 ng of vitamin D – March 2022](#)
- [Infants have gotten free 400 IU of vitamin D in Turkey since 2005, More for longer would be even better – Feb 2022](#)
- [Many sleep problems are associated with low Vitamin D \(children in this case\) - Jan 2022](#)
- [Monthly 120,000 IU of Vitamin D while breastfeeding was good – RCT Jan 2022](#)
- [Cancer of the eye in children: most of the risk factors are associated with low vitamin D – July 2021](#)
- [Vitamin D2 not help – again \(T1 diabetes– which has been helped by D3\) – Jan 2022](#)
- [16,000 Physicians and Scientists Agree Kids Shouldn't Get COVID Vaccine - Dec 15, 2021](#)
- [Severe infant caries 10X higher risk if low vitamin D \(under 14 ng\) - Dec 2021](#)
- [Lower IQ among Autistic Black children \(5 in 10\) than White \(3 in 10\) - Dec 2021](#)
- [Younger are much less likely to die of COVID than elderly \(posters\) - Nov 2021](#)

- [Half of Mongolian schoolchildren have less than 10 ng of vitamin D – Nov 2021](#)
- [Need at least 6,000 IU daily while breastfeeding to eliminate Vitamin D deficiency – meta-analysis Oct 2021](#)
- [Childhood cancers – give Vitamin D loading dose if low – Oct 2021](#)
- [COVID Vaccination trial for kids: 11 red flags - Oct 25, 2021](#)
- [Additional Vitamin D not help – infants previously had 35 ng of vitamin D – RCT Sept 2021](#)
- [Early brain development helped by Iron, Iodine, Vitamin D, Omega-3, Zinc etc. – Oct 2021](#)
- [93 percent of US children had less than 40 ng of vitamin D a decade ago – Oct 2021](#)
- [Supplement preterm infants with vitamin D if less than 80 ng – RCT Sept 2021](#)
- [Children and COVID - many studies](#)
- [A poor infographic of Vitamin D for children – Sept 2021](#)
- [Infants getting 800 IU more vitamin D daily got no neuro benefit \(virtually all Fins were sufficient\) – RCT Sept 2021](#)
- [400 IU of Vitamin D helped breastfed infants, need more – RCT Sept 2021](#)
- [NAFLD somewhat treated in children with 2,000 IU Vitamin D daily – RCT Aug 2021](#)
- [Fewer drugs needed after cardiac surgery if higher levels of vitamin D \(Chinese children\) – July 2021](#)
- [Allergy medications may be improved by Vitamin D \(6X for birch pollen in this case\) – Aug 2021](#)
- [8 of 10 pediatric COVID-19 infections were Vitamin D deficient \(49 patients\) – May 2021](#)
- [Liver transplants in children more likely to be rejected if insufficient vitamin D – Aug 2021](#)
- [Preterm births reduced by Vitamin D - many studies](#)
- [Hospital has banned Dr. Holick due to testifying in cases of infants with broken bones- August, 2021](#)
- [1.8 X more heart medicines needed by children after heart surgery if low Vitamin D – July 2021](#)
- [Taking vitamin D for health problems has raised D levels a bit \(child Arthritis this case\) – July 2021](#)
- [36X more likely for an infant to be low vitamin D if exclusively breastfed \(Hong Kong\) – March 2021](#)
- [42X increased vitamin D testing of children, no increase in levels \(too little vitamin D prescribed to make a difference\) – July 2021](#)
- [Children's Cancer hospital now testing vitamin D frequently and supplementing weekly – July 2021](#)
- [Vitamin D loading dose was as effective as daily dosing \(rickets in this case\) – RCT July 2021](#)
- [Severe pediatric COVID 5.5 more likely if low vitamin D \(review of 6 studies\) -July 2021](#)
- [Sudden Infant Deaths \(SIDS\) soon after vaccination - several studies](#)
- [Metabolic syndrome risk in children decreased 12 percent for each 10 ng increase in Vitamin D – meta-analysis July 2021](#)
- [Infant Respiratory Infections not reduced by mothers taking small amount of vitamin D \(28,000 weekly\)– RCT July 2021](#)
- [Moderate to high Myopia 2X more likely if low Vitamin D \(China\) – June 2021](#)
- [Virtually all infants in Poland got 400 IU of Vitamin D daily \(not enough, non-daily is better\) – April 2021](#)
- [Vitamin D insufficiency in child 15X more likely if father is Vitamin D insufficient – June 2021](#)
- [Consensus recommends at least 20 ng of Vitamin D for childhood cancer \(not nearly enough\) – June 2021](#)
- [Very low Vitamin D levels after Liver transplant in children \(need Calcitriol or topical\) – May 2021](#)
- [Jaundice associated with 7 ng less vitamin D – Meta-analysis May 2021](#)
- [Cancer during childhood - many studies](#)
- [Preemies should have vitamin D supplements – reaching an agreement – April 2021](#)
- [Hospitalized children with COVID-19 and inflammation had lower vitamin D – March 2021](#)
- [Chronic tic disorder 2X less likely if 11 ng higher level of vitamin D – April 2021](#)
- [Severe childhood COVID-19 associated with Vitamin D deficiency \(hospital in Turkey\) – March 2021](#)
- [Recurrent RTI treatment success: Conventional 71 pcnt, Vitamin D 96 pcnt – March 2021](#)
- [Mental health of children: vast majority of studies reviewed found that vitamin D helped – March 2021](#)
- [The 6 percent of infants hospitalized for ARI are 2.2 X more likely to be Vitamin D deficient – April 2021](#)

- [Vitamin D might reduce Multisystem Inflammatory Syndrome in children – March 2021](#)
- [Acute pneumonia in children 3X less likely if greater than 30 ng of vitamin D – Jan 2021](#)
- [Somewhat less Type 1 Diabetes in Wales recently – perhaps more sun or more vitamin D – March 2021](#)
- [Poor protein binding gene associated with poor Vitamin D response – RCT Nov 2019](#)
- [Sudden drop of heart rate \(vasovagal syncope\) is associated with lower vitamin D - several studies](#)
- [87 percent of children with COVID-19 had low vitamin D \(small study\) – Feb 2021](#)
- [Less obese child if supplemented with Vitamin D as an infant– meta-analysis Feb 2021](#)
- [Poor hip joint in infants associated with poor Vitamin D receptor – Jan 2021](#)
- [Vitamin D for infants – 100,000 IU monthly is better than 400 IU daily – RCT Oct 2020](#)
- [2.5 X more health complaints in children and youths if low vitamin D – Jan 2021](#)
- [More dental caries in children who have less than 30 ng of Vitamin D – Review Sept 2020](#)
- [Autism associated with low Vitamin D \(again\) – Meta-Analysis Jan 2021](#)
- [Toddlers with more than 48 ng of vitamin D weighted less and were thinner – RCT Dec 2020](#)
- [Premie Respiratory Distress Syndrome is 5X more likely if low vitamin D – Dec 2020](#)
- [Vaccinations resulted in increased office visits for children 16 months later - Nov 2020](#)
- [6,400 IU of Vitamin D is safe and effective during breastfeeding – RCT Dec, 2020](#)
- [Sleepiness in children 1.7X more likely if low vitamin D – Nov 2020](#)
- [Type 1 Diabetes \(Autoimmune\) and Vitamin D, Vitamin D Receptor and Cathelicidin - Dec 2020](#)
- [13 possible reasons why COVID-19 is less severe in children – Dec 1, 2020](#)
- [T1 Diabetes 3X lower risk if high vitamin D \(over 40 ng\) – Meta-analysis Nov 2020](#)
- [Vitamin D associated with reduced COVID-19 risks in children - Grassroots Nov 2020](#)
- [ADHD risk factors include low Zinc, Vitamin D, Magnesium and Omega-3 \(umbrella review\) – Oct 2020](#)
- [Obese children had 2.2 X less response to a single dose of Vitamin D – Oct 2020](#)
- [Children with low vitamin D far more likely to hospitalized with COVID-19 – Oct 2020](#)
- [Children with Celiac Disease were 2.6X more-likely to be vitamin D deficient – Sept 2020](#)
- [Forearm fractures in children having low Vitamin D had 3.8 X higher risk of surgery – Aug 2020](#)
- [73 percent of US infants still do not even get 400 IU of Vitamin D - June 2020](#)
- [Recurrent Wheezing in children is associated with low Vitamin D – several studies](#)
- [Vitamin D toxicity is extremely rare, accidental, and very mild in Iranian children – July 2020](#)
- [Children with low Vitamin D slept 1 hour less, had 1 hour later bedtimes – July 2020](#)
- [Respiratory viral infection \(RSV\) and low vitamin D - many studies](#)
- [Little weight loss in obese children from very small amount of vitamin D \(1200 IU\) – RCT April 2020](#)
- [Autism 2X to 3X more likely if poor Vitamin D Receptor – June 2020](#)
- [3X less Septic Shock in children with sepsis getting 150,000 IU of Vitamin D - RCT June 2020](#)
- [Polish children need 45 minutes of noon sun to get 800 IU of Vitamin D – July 2020](#)
- [Poor CYP2R1 gene results in lower vitamin D and 2X increase in T1 Diabetes – Sept 2019](#)
- [Child soccer players who were deficient were helped by a single 200,000 IU vitamin D dose – RCT May 2020](#)
- [Infant and child immunity depends on Vitamin D and two Vitamin D genes – Review April 2020](#)
- [Lower Respiratory Tract Infection in Infants reduced 5.9 X by daily 600 IU of vitamin D \(China\) - March 2020](#)
- [PICU children with low vitamin D levels have worse health scores \(PRISM-III\) – Feb 2020](#)
- [Germany raised Vitamin D RDA to 800 IU - helped infants, but not children \(who need even more\) – June 2019](#)
- [Sleep duration in 2 year olds proportional to Vitamin D levels – Dec 2019](#)
- [Breastfeeding a child without adding vitamin D increases risk of many food allergies \(egg whites in this case\) – Jan 2020](#)

- [Antibiotics increased the risk of asthma by 47%, and allergies by 25% - Dec 2019](#)
- [Vitamin D levels dropped 42 percent immediately after pediatric cardiac surgery – Dec 2019](#)
- [Seafood \(Omega-3\) during pregnancy increased childhood IQ by 8 points – review Dec 2019](#)
- [Turkey needs to give Vitamin D to children too \(infants get D for free\) – June 2019](#)
- [6.2 X higher risk of infant Vitamin D deficiency if more than 1 drink per week during pregnancy – Nov 2019](#)
- [26 X increase in Vitamin D prescriptions for youths in England in 8 years – Dec 2019](#)
- [Infant 7.6 X more likely to be Vitamin D deficient if mother had been – Nov 2019](#)
- [Milk Consumption Is strongly linked to Type 1 Diabetes – Dr. Greger Nov 2019](#)
- [European Food Safety Authority \(EFSA\) found “paucity” of Vitamin D data for infants – Nov 2019](#)
- [I have a PhD in immunology and this is how I keep my daughter from getting sick during the winter](#)
- [Relapses of Acute Lymphoblastic Leukemia \(ALL\) – 1 in 5 are due to genes mutated by chemotherapy – Nov 2019](#)
- [Increased weight in children 8X more likely for each unit increase in adenovirus \(if ignore Vitamin D\) – Nov 2019](#)
- [Eating fish improves cognition \(Omega-3 fish during pregnancy in this case\) - Oct 2019](#)
- [Bones of white children not helped by 1,000 IU of vitamin D \(Northern latitudes\) – RCT Sept 2018](#)
- [Preemies still have low vitamin D at age 6 – Oct 2019](#)
- [T1 Diabetes treated by Vitamin D and Omega-3 - Jan 2018](#)
- [Children in Mongolia helped by 800 IU of Vitamin D \(need a lot more\) – RCT Oct 2019](#)
- [Childhood Cancer survivors – only 1 in 25 had consumed Vitamin D RDA – Oct 2019](#)
- [Low vitamin D newborns getting cows milk formula more likely to get allergies – RCT Oct 2019](#)
- [Infant Vitamin D doubles 6 months after birth \(can double in 2 weeks\)– Oct 2019](#)
- [Gene that predicts wheezing is associated with low vitamin D – Oct 2019](#)
- [Teeth from 19th century London indicate that most children were Vitamin D Deficient - Oct 2019](#)
- [World Arthritis Day - Children who suffer with arthritis are lacking Vitamin D - Oct 2019](#)
- [Child abuse fractures – 96 percent were associated with poor bones \(low vitamin D, etc.\) – Oct 2019](#)
- [Children in India – 1 in 7 extremely low Vitamin D, 1 in 10 prediabetic – Sept 2019](#)
- [Child movement disorders reduced in 1 week by Vitamin D injection \(China\) – Oct 2019](#)
- [Type 1 diabetes trial having problems getting participants – too many taking Vitamin D or Omega-3 – Aug 2019](#)
- [Vitamin D levels in children optimized with six Vitamin D biscuits – RCT Nov 2018](#)
- [Type 1 Diabetes is prevented and treated by Vitamin D – review of 16 studies – Sept 2019](#)
- [T1 Diabetes reduction by high Omega-3 and Vitamin D – GRH ongoing observation](#)
- [Childhood allergies \(Atopy\) 4.8 X more likely if low vitamin D in early pregnancy – Aug 2019](#)
- [Tic disorder reduced by Vitamin D supplementation – Aug 2019](#)
- [Behavior disorders reduced with Magnesium, Omega-3, and Zinc](#)
- [Children 41X more likely to be vitamin D deficient if both parents were deficient – Dec 2018](#)
- [Newborn vitamin D level is often lower than maternal, this study says it is double – Aug 2019](#)
- [NAFLD associated with low vitamin D \(in children too\) – meta-analysis Aug 2019](#)
- [Half as many tooth enamel defects in child if 2400 IU Vitamin D in late pregnancy – RCT Aug 2019](#)
- [6 year-old children were 5X less likely to have food allergies if supplementing with vitamin D – July 2019](#)
- [Septic children have low Vitamin D \(54 studies, ignored Vitamin D Receptor\) – meta-analysis April 2019](#)
- [Preemie immunity \(Treg\) vastly improved by 800 IU of Vitamin D daily – RCT July 2019](#)
- [Ability to walk at age 1 is 3.9 X more likely if sufficient vitamin D – July 2019](#)
- [2X improved development by severely malnourished children with 2 loading doses of vitamin D – RCT May 2018](#)
- [Bronchiolitis in children associated with both pollution and low solar – July 2019](#)

- [Obesity 3X more likely in US children having low vitamin D – July 2019](#)
- [Children with cancer were deficient in Vitamin D, Vitamin C, and Zinc – July 2019](#)
- [Children with allergies often depressed and anxious \(low micro-nutrients, such as vitamin D, were not mentioned\) – July 2019](#)
- [Dr. Sears podcast with Carole Baggerly about Vitamin D \(with transcript\) - July 2019](#)
- [Hypertension 2X more likely as a youth if low vitamin D for first 3 years of life – June 2019](#)
- [Allergic Rhinitis in infants treated by 1,000 IU vitamin D daily – June 2019](#)
- [Treatment of neonate sepsis greatly aided by Vitamin D – RCT June 2019](#)
- [Asthmatic children 5X more likely to have a poor Vitamin D Receptor – June 2019](#)
- [Babies 3.6X more likely to go to hospital for asthma if asthmatic mother had low vitamin D while pregnant – June 2019](#)
- [More UV during first trimester, less Osteoporosis in offspring – June 2019](#)
- [ADHD children eat less fatty fish \(Omega-3 again\) – May 2019](#)
- [Children with periodic fevers \(PFAPA\) have half the vitamin D levels of others – June 2019](#)
- [100,000 IU Vitamin D weekly for 4 weeks is safe and effective for children – May 2019](#)
- [Vitamin D in European baby formula to be reduced 17 percent – May 2019](#)
- [Infant Problem-Solving Skills Linked to Mother's DHA Omega-3 Level During Pregnancy – April 2019](#)
- [400 IU of Vitamin D in food provided virtually no benefit to children - March 2018](#)
- [Bone marrow foot oedema \(rare pain in children, all were Vitamin D deficient\) – May 2019](#)
- [Spinal muscular atrophy - 2 million dollar drug or try Vitamin D - May 2019](#)
- [Children need 2000 IU of Vitamin D \(India\) - RCT May 2019](#)
- [Type 1 Diabetes prevention with Vitamin D and Omega-3 – Symposium April 2019](#)
- [Polish pediatric center: 40 percent took vitamin D – March 2019](#)
- [Autistic symptoms reduced by Vitamin D and or Omega-3 – RCT March 2019](#)
- [Vitamin D compliance 3X higher when children with fractures actually knew their low vitamin D level – March 2019](#)
- [Vitamin D congress on pregnancy and childhood diseases – April 2019](#)
- [Half as many teeth problems if higher cord blood level of vitamin D – March 2019](#)
- [Type 1 Diabetes risk increased if high postpartum Vitamin D binding protein – Jan 2019](#)
- [Omega-3 probably can decrease Autism and ADHD – March 2019](#)
- [Decreased response to vitamin D in white children having poor Vitamin D binding gene – Feb 2019](#)
- [Growth Hormone Deficiency treated by treating Vitamin D Deficiency – March 2019](#)
- [Childhood Asthma somewhat reduced by 2400 IU vitamin D late in pregnancy \(need more, earlier\) March 2019](#)
- [Overweight children are 3.4 X more likely to have low Vitamin D – March 2019](#)
- [Urinary Tract Infection in children 4.8 X more likely if low Vitamin D – meta-analysis Feb 2019](#)
- [Kawasaki disease \(strawberry tongue\) not treated by occasional 400 IU of Vitamin D – Feb 2019](#)
- [34 percent increase in hospital admissions for low vitamin D in a single year \(UK\) – Feb 2019](#)
- [Candida infections in PICU reduced by Vitamin D in yogurt – RCT Feb 2019](#)
- [Pregnant while black increases chance of death – mothers 3X, infants 2X \(low Vitamin D\) – Feb 2019](#)
- [Respiratory Distress Syndrome in preemies 5 X more likely if poor vitamin D receptor – Feb 2019](#)
- [Which children need Vitamin D tests \(no consensus, should give Vit D to all\) – March 2019](#)
- [Romania joins Turkey in giving free Vitamin D to all infants – 2018](#)
- [Infants need 400 IU of vitamin D to prevent rickets – meta-analysis Feb 2019](#)
- [Prisoners Get More Time Outdoors Than Children - Feb 2019](#)
- [Extreme Heat Events increase congenital heart defects \(perhaps low vitamin D\) - Jan 2019](#)
- [Malnourished children with low vitamin D were 2.8 X more likely to be stunted – Aug 2018](#)

- [Young white children helped by 1500 IU of vitamin D – Jan 2019](#)
- [Prebiotics increased Vitamin D in celiac disease patients \(gut-friendly Vit. D also helps\) – RCT Nov 2018](#)
- [Food allergy is linked to season of birth, sun exposure, and vitamin D deficiency – Jan 2019](#)
- [Oxidative stress and inflammation associated with low vitamin D in children – review Dec 2018](#)
- [Preterm babies have low vitamin D, but recover in 6 weeks with 800 IU supplementation – Jan 2019](#)
- [T1 Diabetes – how it may be prevented and treated by Vitamin D – Dec 2018](#)
- [Infants sometimes lack Oxygen – 1,000 IU Vitamin D daily helps – Dec 2018](#)
- [Black infant recurrent wheezing rate dropped from 42 percent to 31 percent with just 400 IU of vitamin D – RCT Dec 2018](#)
- [All preteen aged girls in India taking 2,000 IU of vitamin D got levels above 20 ng – RCT Nov 2018](#)
- [Childhood Food Allergies \(UK 1 in 14\) – huge recent increase \(low vitamin D\) - Dec 2018](#)
- [Attention Deficit Hyperactivity Disorder impulsivity reduced by daily 1,000 IU of vitamin D – RCT Jan 2019](#)
- [Vitamin D and Omega-3 may treat Type 1 Diabetes – RCT 2024](#)
- [Low birth weight far more likely if African-American \(low vitamin D\) – 1997, Aug 2018](#)
- [Severe hand, foot, and mouth virus is 2.9 X more likely if poor Vitamin D receptor – Oct 2018](#)
- [Asthma in child 2.3 X more likely if both parents asthmatic \(unless add Vitamin D\) – VDAART Nov 2018](#)
- [Vitamin D deficiency 2.5 X more likely in iron-deficient children – Dec 2018](#)
- [Attention-Deficit Hyperactivity Disorder treated by weekly 50,000 IU of vitamin D – RCT Nov 2018](#)
- [Child died in hospital, death due to low vitamin D, mother is suing hospital – Nov 2018](#)
- [Vitamin D consensus for Italian children, 30 ng needed, up to 4,000 IU if over age 10 – May 2018](#)
- [Vitamin D levels have been crashing since 1995 \(Polish Children, Elite Military, etc\)](#)
- [More UVB at 12th week of pregnancy associated with less Juvenile Idiopathic Arthritis – Oct 2018](#)
- [Autism problems reduced by Vitamin D, Omega-3 – RCT Oct 2018](#)
- [Immature lungs in immature newborns – Vitamin D helps – Sept 2018](#)
- [Children short sleep 12 percent more likely for each 1 ng lower vitamin D at birth – Oct 2018](#)
- [Stressors as a fetus or child can cause health problems in adult \(perhaps via epigenetics\) – Dec 2017](#)
- [Children entering ICU with low vitamin D were 3.5 X more likely to have a poor ICU score– Oct 2018](#)
- [Child exposed to smoke is 1.5 X more likely to have low vitamin D – Oct 2018](#)
- [More US infants die in 1st day than in all other developed countries COMBINED \(and US gives vaccine in first day\) – May 2013](#)
- [Bronchiolitis had 1.3 X longer hospitalization if low Vitamin D \(1016 infants\) – Sept 2018](#)
- [Type 1 Diabetes is increasing – decreased vitamin D is one of the many possible reasons – Sept 2018](#)
- [Arthritic children have low vitamin D \(84 percent of the studies\) – May 2018](#)
- [Vaccinated children had more chronic diseases - Sept 2018](#)
- [IBD in children might be associated with low sun exposure](#)
- [Inflammatory Bowel Disease in children is associated with low Vitamin D, Iron \(also low Zinc for Crohn's\) – Aug 2018](#)
- [No tooth decay in children with adequate Vitamin D \(small study\) – June 2018](#)
- [Juvenile idiopathic arthritis 2.2 X more likely if poor Vitamin D Receptor – Aug 2018](#)
- [Down's syndrome and low vitamin D - several studies](#)
- [Early Type 1 Diabetes May Shorten Women's Lives by 18 Years - Aug 2018](#)
- [Pneumonia in Egyptian Children 3.6 X more likely if poor Vitamin D Receptor – Aug 2018](#)
- [Vitamin D loading dose of 300,000 IU for children – 3 weeks with capsules, biscuits, injection – RCT Aug 2018](#)
- [Infant Vitamin D – JAMA said 1600 IU, Europe says 1,000 IU upper limit – June 2018](#)
- [Vitamin D during lactation – 6,000 IU mom or 400 IU infant \(Hollis, Wagner chapter\) – Aug 2018](#)
- [Medicaid pays medical bills of 40 percent of children and 46 percent of pregnancies - Aug 2018](#)

- [Ear infections in children 3X more likely if poor vitamin D binding protein – July 2018](#)
- [40 percent of internationally adopted children had low vitamin D \(10-20 ng\) – July 2018](#)
- [Infection in first six months of life: White 69 percent, Black, 78 percent – Jan 2018](#)
- [Children no longer get much vitamin D from milk - fortify at home](#)
- [10 Reasons why children no longer have healthy levels of Vitamin D](#)
- [Childhood pneumonia not treated by 100,000 IU of vitamin D – Cochrane \(need more, inhaled\) – July 2018](#)
- [Only 1 in 6 infants got even 400 IU of vitamin D daily – June 2018](#)
- [Unclear if septic shock in children is fought by Vitamin D – July 2018](#)
- [Low levels of Vitamin D in UAE juveniles \(virtually none had 30 ng\) – Jan 2018](#)
- [400 IU of vitamin D for the mother gave only 1 in 340 infants sufficient vitamin D – Nov 2017](#)
- [Systematic review of effective Vitamin D interventions in children - perhaps 2019](#)
- [Sudden kidney infection in children was 9X more likely if poor Vitamin D receptor – July 2018](#)
- [1200 IU vs 400 IU of vitamin D did not improve bone health or immunity of children who were sufficient – RCT July 2018](#)
- [Vitamin D supplementation by only 1 in 60 US Children – JAMA June 2018](#)
- [Adding Vitamin D, Omega-3, etc to children's milk improved memory \(yet again\) – RCT June 2018](#)
- [Pneumonia is increasing \(now 1 in 6 child deaths\), more vitamin D studies needed – June 2018](#)
- [Tics in children twice as likely to be severe if lower vitamin D – May 2018](#)
- [Childhood Respiratory Health hardly improved with 600 IU of vitamin D \(need much more\) – May 2018](#)
- [Omega-3 reduced violence in children and violence between parents – RCT May 2018](#)
- [Less than half of health providers recommend 600 to 1000 IU of vitamin D \(age 1-18\) – May 2018](#)
- [Poor handgrip strength in 5-year-old girls 3X more likely if low vitamin D – May 2018](#)
- [430 genes changed when 3,800 IU Vitamin D added in late second trimester – RCT May 2018](#)
- [Vitamin D needed by pregnant women and neonates \(in developing countries now too - 2 tables\) – May 2018](#)
- [Children need vitamin D - good global overview, poor recommendations for Italian children - May 2018](#)
- [Reasons for children having low vitamin D \(proposed by 10 societies\) - May 2018](#)
- [Very low birth weight infants were OK with 600 IU of vitamin D plus Calcium and Phosphorus – May 2018](#)
- [Indoor pollution is a problem with obese black asthmatic children – May 2018](#)
- [Sleep half hour longer if OK level of Vitamin D \(2-year olds\) – April 2018](#)
- [Both parents smoke – child's vitamin D level was 30 percent lower and worse asthma – May 2018](#)
- [UK infants are the least likely to get Vitamin D in Europe – political action overdue – April 2018](#)
- [Severe Non-Alcoholic fatty liver disease treated by Omega-3 – RCT April 2018](#)
- [Vitamin D deficiency in childhood - old lessons and current challenges – Feb 2018](#)
- [Child Asthma increased 2.1 X by antibiotics, Child milk allergy increased 4.4 X by PPI – April 2018](#)
- [Food allergies are associated with Vitamin D thru genes, etc. – March 2018](#)
- [Vitamin K guidelines for neonates need to be reconsidered – March 2018](#)
- [Shaken Baby Syndrome - probably caused by Ehlers-Danlos Syndrome](#)
- [Saudi infants – 4 in 10 have low Vitamin D, 8 in 10 have low Calcium \(hypocalcemia\) – March 2018](#)
- [400 IU of Vitamin D provided no benefit to children \(not a surprise\) – RCT March 2018](#)
- [Sepsis in infants 4.8 X more likely if poor vitamin D receptor – March 2018](#)
- [Higher vitamin D levels during pregnancy resulted in less obese infants – March 2018](#)
- [Hand, Foot, and Mouth disease \(virus\) strongly associated with low vitamin D – May 2017](#)
- [Forearm fractures in children having low Vitamin D had 1.7X higher risk of surgery – March 2018](#)
- [Growth Hormone treatment raised vitamin D levels by 16 ng – 2018](#)

- [60 percent of preemies have brain damage from lack of brain Oxygen, which is associated with low vitamin D – Feb 2018](#)
- [Grip strength of children not improved by 800 IU Vitamin D daily \(not nearly enough\) – RCT Feb 2018](#)
- [Anemia in children 3.5 X more likely if low vitamin D – March 2018](#)
- [ADHD in children 2.6 X more likely if low vitamin D – meta-analysis Feb 2018](#)
- [Bedwetting reduced 40 percent by 1,000 IU of vitamin D for 2 months – RCT Feb 2018](#)
- [Allergic rhinitis in children reduced somewhat during pollen season by just 1,000 IU of vitamin D – RCT Jan 2018](#)
- [Extreme preterm infants helped somewhat by 800 IU of vitamin D – RCT Jan 2018](#)
- [Type 1 Diabetes \(T1DM\) 1.6 X more likely if low vitamin D – meta-analysis Jan 2018](#)
- [Cerebral Palsy and Vitamin D - many studies](#)
- [Half the risk of Influenza -A in infants taking 1200 IU of vitamin D for 4 months – RCT Jan 2018](#)
- [Juvenile Rheumatoid Arthritis 8 X more likely if poor Vitamin D receptor – Dec 2017](#)
- [Vitamin D - Effects on Human Reproduction, Pregnancy, and Fetal Well-being – Dec 2017](#)
- [Russian children need 2,000-4,000 IU of Vitamin D to get most above 40 ng - Dec 2017](#)
- [Children with forearm fractures have lower levels of vitamin D – June 2017](#)
- [Rapid newborn breathing \(transient tachypnea\) associated with low vitamin D – Dec 2017](#)
- [Breastfed infant bones not helped by 800 IU of Vitamin D \(not enough\) – RCT Dec 2017](#)
- [Crohn's disease in black children is worse in 6 ways – Dec 2015](#)
- [ADHD, Autism, Early Psychosis and Omega-3 – review Dec 2017](#)
- [Major increases in childhood health problems](#)
- [Autistic children were 3.6 X more likely to have low levels of vitamin D – Nov 2017](#)
- [Preterm birth rate increased 60 percent in 50 years \(US\)](#)
- [Born too soon – premature births report by W.H.O. – 2010](#)
- [Critically ill children with low vitamin D: 2.5 X more likely to die or stay 2 days longer - meta-analysis Nov 2017](#)
- [Cochrane review of Vitamin D and stunting will be ignoring 9 important concerns – Nov 2017](#)
- [Micronutrients \(such as Vitamin D\) for critically ill children – review Oct 2017](#)
- [Type 1 Diabetes 14 percent more likely with 2 Vitamin D Receptor mutations – Oct 2017](#)
- [Infant sunbathing 30 minutes a week raises vitamin D levels to only 20 ng in 6 months – Sept 2017](#)
- [Supplement omega-3 based on weight – June 2017](#)
- [Preemies with poor lungs \(Respiratory distress syndrome\) have low levels of vitamin D – Nov 2017](#)
- [Less bad gut bacteria in infant if even tiny amount of vitamin D during pregnancy – Nov 2017](#)
- [Breast milk rarely now has even 20 percent of needed vitamin D – even in sunny climates – Nov 2017](#)
- [Risk of infant Asthma cut in half if mother supplemented Vitamin D to get more than 30 ng – RCT Oct 2017](#)
- [Obese moms who breastfeed \(without Vitamin D\) had low bone density in infants – Aug 2017](#)
- [Critically ill children – randomized clinical trial to give single doses of up to 400,000 IU of vitamin D – 2019](#)
- [Preemies getting 800 IU of vitamin D were 3X less likely to have low bone density 4 weeks later – RCT Oct 2017](#)
- [Autistic children have lower levels of Iron, Vitamin D, Magnesium, etc – Oct 2017](#)
- [The Convergence of Two Epidemics: Vitamin D Deficiency in Obese School-aged Children – Jan 2018](#)
- [Give 400 IU to all infants – majority of Turkish pediatricians – Oct 2017](#)
- [Childhood cancer survivors have increased chronic health problems as adults – Sept 2017](#)
- [Low Vitamin D in infants - video interview of Dr. Holick - May 2017](#)
- [Large soft spot on infant's head \(anterior fontanelle\) is associated with low vitamin D – Sept 2017](#)
- [Children helped by 2,000 IU of vitamin D, but not RDA amount \(600 IU\) – RCT Sept 2017](#)
- [Omega supplementation helped preemie sensory processing – RCT Dec 2017](#)

- [Child is 2 X more likely to get influenza if have older sibling \(perhaps closely-spaced birth\) – Sept 2017](#)
- [1900 IU provides some increase in Vitamin D in both mother and breast milk – Aug 2017](#)
- [Respiratory infection in infant was 7 X more likely if low cord Vitamin D – March 2017](#)
- [Child 49 percent higher risk of being overweight if preeclampsia during pregnancy – Sept 2017](#)
- [When to start Vitamin D after European births - UK 180 days, many 6-31 days, the rest 1-5 days - Sept 2017](#)
- [Canadian Paediatric Society – vitamin D recommendations unchanged since 2007 – Jan 2017](#)
- [Black infants far less likely to be breast-fed \(wonder – culture or low Vitamin D\) – Aug 2017](#)
- [10X increase in cost of vitamin D per child-year in UK in 6 years - Aug 2017](#)
- [Lupus in children 2.6 X more likely if they had poor Vitamin D Receptor – Jan 2017](#)
- [Food allergies in children may be due to earlier low Vitamin D, Omega-3 and Zinc – Aug 2017](#)
- [Omega-3 in breast milk increases with increased Omega-3 intake \(review of 22 studies\) -Aug 2017](#)
- [Preemies need 1,000 IU of vitamin D – RCT Sept 2017](#)
- [Infant Shudders, Shivers, Jitteriness etc can be early signs of low Vitamin D - Jan 2017](#)
- [Long-Term bedridden patients have poor vitamin D and poor bones – June 2017](#)
- [Early tooth decay 1.9 X more likely if a poor Vitamin D receptor – July 2017](#)
- [Poor motor development in infant was 40 percent more likely if low maternal vitamin D – July 2017](#)
- [NAFLD in children nicely treated by combination of Vitamin D and Omega-3 – RCT Dec 2016](#)
- [Multiple Sclerosis risk reduced 30 percent for additional 10 ng of vitamin D at birth – Jan 2017](#)
- [Severe childhood dental problems 2.4 X more likely if breastfed for more than two years \(low vitamin D\) – June 2017](#)
- [Prostate and Urinary systems much better with higher vitamin D – many studies](#)
- [Viral Pneumonia in children 52 X more-likely if very low vitamin D \(trend\) – June 2017](#)
- [Vitamin D guidelines of American Academy of Pediatrics said none should be even tested, yet 91 percent had less than 30 ng – June 2017](#)
- [Vitamin D needed to get children to just 20 ng in winter 800 IU white skin, 1100 IU dark \(Sweden\) – RCT June 2017](#)
- [Autism and ADHD type disorders were 14X more likely in survey of extreme preterm vaccinated infants - April 2017](#)
- [T1 Diabetes associated with many other autoimmune diseases \(all related to low vitamin D\) – May 2017](#)
- [Childhood asthma problems eliminated for months by 600,000 IU of Vitamin D injection – June 2017](#)
- [Breastfeeding mothers and Vitamin D: supplement only themselves usually, 4 out of 10 used monthly rather than daily – Jan 2017](#)
- [Premature infants \(30 weeks\) who got 800-1000 IU of vitamin D were much healthier – March 2017](#)
- [Vitamin D in European children – no consensus on “adequate” levels – April 2017](#)
- [Vitamin D deficiency in pediatric critical illness: Time to move on from observational studies – Nov 2016](#)
- [Infant-Child Vitamin D recommendations from NZ \(many are wrong\) – Feb 2017](#)
- [Preemies with low Vitamin D are 14 percent more like to have expensive gut problems \(necrotizing enterocolitis\) – March 2017](#)
- [Infants getting 1 g of Omega-3 for 12 weeks got better brains – RCT March 2017](#)
- [Low Vitamin D results in adverse pregnancy and birth outcomes – Wagner meta-analysis March 2017](#)
- [Low Vitamin D during pregnancy or as infant causes health problems decades later – Jan 2016](#)
- [Vitamin D deficiency is associated with prediabetes in obese Swedish children – Oct 2016](#)
- [Quick restoration of vitamin D in children – 10,000 IU per kg loading dose was not enough – Jan 2017](#)
- [Urinary Tract Infection in infants 5.6 X MORE likely if low Vitamin D, 3.3 X LESS likely if supplement – July 2016](#)
- [Type 1 diabetes 1.6 times more likely if a Vitamin D Receptor problem – Feb 2017](#)
- [Severely burned children recovered muscle capability much faster with daily 1000 IU of vitamin D – RCT March 2017](#)
- [Infant allergy to cow's milk will go away if have high levels of vitamin D – Jan 2017](#)
- [At birth, lower levels of vitamin D associated with higher levels of inflammation – Jan 2017](#)
- [Vitamin D required for breastfed infants – daily or monthly, infant or mother – Jan 2017](#)

- [Many US kids have less than 40 ng of Vitamin D – 99 out of 100 blacks, 91 out of 100 whites – Jan 2017](#)
- [Infants need more sun than 17 minutes per week on 6 percent of skin – Dec 2016](#)
- [Type II Diabetes in children in India increased 4 X in 20 years – Nov 2016](#)
- [Vitamin D in US children: those having more than 40 ng increased 60 percent \(2001-2010\) - Dec 2016](#)
- [Nepalese infants who sunbathe, etc. have much higher levels of vitamin D than their mothers – Dec 2016](#)
- [Takes a year to restore children and youths to good levels of vitamin D without loading dose - RCT Dec 2016](#)
- [Childhood allergy, asthma and eczema associated with repeated low vitamin D tests – Oct 2016](#)
- [Type 1 diabetes risk not decreased if add 400 IU vitamin D while pregnant \(no surprise\) – Dec 2016](#)
- [Infants have low levels of vitamin D – associations with phototherapy and miscarriage – Dec 2016](#)
- [Low vitamin D in Pediatric ICU – 5 times more ill \(morbidity\) – Spanish Nov 2016](#)
- [Children with Idiopathic arthritis have very low Boron levels – Jan 2016](#)
- [Childhood asthma about 1.3 times more likely if poor Vitamin D Receptor – meta-analysis Aug 2016](#)
- [Vitamin D does not help children \(if only use 400 IU of D3 or D2 or quarterly\) – Cochrane Nov 2016](#)
- [Children in Intensive Care need Vitamin D loading dose of 10000 IU per kg \(nearing a consensus\) - Oct 2016](#)
- [Low bone mineral density of male children is associated with low BMD of parents – Oct 2016](#)
- [800 IU of vitamin D got most white Danish children to 20 nanograms – RCT Oct 2016](#)
- [Newborn Vitamin D - single 50,000 IU is better than daily – RCT Sept 2016](#)
- [Only 1 in 5 toddlers get recommended minimum vitamin D – Sept 2016](#)
- [Less able to understand language at age 2 if low vitamin D during second trimester – Dec 2015](#)
- [Twice as many neonates got vitamin D after instructions to doctors were simplified. – Aug 2014](#)
- [Vitamin D improves a child's immune system – can now be claimed in Europe – Sept 2016](#)
- [Multiple sclerosis in children – low vitamin D is a potential factor – Aug 2016](#)
- [Mother got 100,000 IU of vitamin D monthly, breastfeeding infant got a little – RCT Aug 2016](#)
- [FDA doubles the amount of vitamin D permitted in milk – July 2016](#)
- [Breastfed infants 6 times more likely to deficient in Vitamin D and Iron – Aug 2015](#)
- [Children with fracture history have lower vitamin D levels – June 2016](#)
- [Food allergies and low vitamin D – thymus may be the connection – June 2016](#)
- [Monthly 120,000 IU of Vitamin D during lactation worked well - May 2016](#)
- [Food allergies 6 times higher in South Australia - 2009](#)
- [Infant infection reduced by half with vitamin D supplementation – RCT May 2016](#)
- [Benefits of Omega-3 on brain development](#)
- [High vitamin D levels in Romanian children – wonder why – May 2015](#)
- [Small for gestational age with low vitamin D – 3.6X higher for blacks than whites – April 2016](#)
- [Five times less mite allergy when vitamin D added in mid pregnancy and to infant – RCT April 2016](#)
- [Omega-3 in infancy reduces Obesity following antibiotic \(confirmed in rats, suspected in humans\) – Feb 2016](#)
- [Extreme preterm infants need a total of 1,000 IU of vitamin D daily – RCT April 2016](#)
- [Omega-3 helps childhood cognition – meta-analysis April 2016](#)
- [Increasing amount of omega-3 in mother's milk resulted in fewer infant allergies – March 2016](#)
- [All myopic children had less than 50 ng of vitamin D – March 2016](#)
- [Premature infants need 400 to 800 IU of vitamin D](#)
- [Infants getting up to 1600 IU did not increase blood level of vitamin D – RCT March 2016](#)
- [Pediatric trials of high dose vitamin D -163 are in a single online database – Feb 2016](#)
- [Breastfed child needs even more vitamin D supplementation after 1 year – Feb 2016](#)

- [Childhood Fractures – consensus report on vitamin D – Feb 2016](#)
- [Breastfeeding exclusively may not be best strategy for bone health \(if not add vitamin D\) – Feb 2016](#)
- [Hay fever \(allergic rhinitis\) risk reduced 20 percent for each 100 IU of vitamin D during early pregnancy – Feb 2016](#)
- [Infant hospitalized after Vitamin D overdose \(8,000 X too much\) Feb 2016](#)
- [Vitamin D deficiency and childhood obesity: interactions, implications, and recommendations \(5,000 IU\) – Feb 2016](#)
- [Vitamin D improved child muscle mass even without varying dose with weight – RCT Feb 2016](#)
- [Asthma in 3 year olds decreased somewhat with 4,000 IU during pregnancy – RCT Jan 2016](#)
- [Obese children – 71 percent had low vitamin D– Jan 2016](#)
- [Respiratory tract infections in childhood – vitamin D is needed, no consensus of how much – Oct 2015](#)
- [Children stayed in ICU 3.5 days longer if low vitamin D – Dec 2015](#)
- [Rapid Normalization of Vitamin D in Critically Ill Children \(10,000 IU per kg\) – clinical trial](#)
- [Births with low vitamin D weighted less \(Hispanic too\) – Dec 2015](#)
- [Congenital Heart problems - vitamin D levels drop even lower after surgery, loading dose probably required - thesis 2015](#)
- [All infants with small heads \(less than 33 cm\) were from mothers with low vitamin D levels – Sept 2015](#)
- [Language understanding by infant is associated with vitamin D level during pregnancy – Dec 2015](#)
- [T1 Diabetes in child not prevented by a tiny amount of vitamin D during pregnancy – Nov 2015](#)
- [Dental Caries risk in children cut in half if more than 20 nanogram of Vitamin D – Nov 2015](#)
- [Inflammation \(CRP\) 3X higher in Winter-Spring neonates with low vitamin D – Nov 2015](#)
- [Vitamin D and pregnancy – review Nov 2015](#)
- [3X increase in UK children who are vitamin D deficient in just 5 years – Nov 2015](#)
- [Every child with kidney problems \(ideopathic nephrotic syndrome\) had low vitamin D – Oct 2015](#)
- [Infant in ICU much more likely to die if low vitamin D – Nov 2015](#)
- [Vitamin D before, during, and after pregnancy - Sept 2012](#)
- [Season of birth \(Vitamin D\) vs birth weight, puberty, body size, etc. – Oct 2015](#)
- [Breastfed infants may get enough vitamin D \(provided mom gets 6400 IU\) - Oct 2015](#)
- [Infant muscle development best with 400 IU of vitamin D \(not 800\) – Sept 2015](#)
- [Vitamin D levels in moms and infants are low and sometimes very low – Sept 2015](#)
- [Omega-3 and infant development - dissertation Sept 2015](#)
- [Breastfeeding mother getting 6400 IU of Vitamin D is similar to infant getting 400 IU – RCT Sept 2015](#)
- [2,000 IU vitamin D recommended for pediatric rheumatology – May 2015](#)
- [Infant positional skull deformation 7X more frequent if less than 400 IU of vitamin D – Nov 2014](#)
- [Vitamin D is more bio-available when children are critically ill \(less Binding Protein\) – Sept 2015](#)
- [Infant risk of obesity increased by 50 percent if low vitamin D during pregnancy – Sept 2015](#)
- [Cerebral palsy language development significantly helped by vitamin D – Sept 2015](#)
- [Children getting 60,000 IU monthly got to vitamin D level of 33 ng – Sept 2015](#)
- [Hypothesis – Australia has highest rate of food allergy due to avoiding the sun – Sept 2015](#)
- [Food allergy 12X more likely if low vitamin D and vitamin D binding gene problem – Aug 2015](#)
- [RSV \(bronchitis and viral pneumonia\) in infants associated with low vitamin D and antibiotics – Aug 2015](#)
- [Obese children and youths need more vitamin D – Review Feb 2015](#)
- [Leading cause of death age 0-5 – vitamin D deficiency](#)
- [Newborns with sepsis – 9 ng of vitamin D, without sepsis 19 ng – Aug 2015](#)
- [Rotavirus diarrhea \(nearly every child gets it\) is strongly associated with low vitamin D – Aug 2015](#)
- [Too much vitamin D: 1 pcnt increase in infants with food allergy, too little: 500 pcnt increase in children with food allergy - Aug 2015](#)

- [Growing pains associated with low vitamin D - Sept 2015](#)
- [Growth hormone increased height of children more if higher levels of vitamin D – Aug 2015](#)
- [Vitamin D levels of breastfeeding mothers and infants in 3 cities – Feb 2015](#)
- [Overweight children associated with low vitamin D during pregnancy – 2015, 2018](#)
- [Respiratory distress after preterm birth is more likely if low vitamin D – review April 2015](#)
- [All preemies with Chronic Lung Disease had low vitamin D levels– July 2015](#)
- [Infant vitamin D repleted with 200 IU \(if you consider 12 ng to be repletion\) - July 2015](#)
- [Breast-feeding mothers need 2000 IU of vitamin D to get infants to even 12 ng – July 2015](#)
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- [1000 IU vitamin D not enough in winter to restore levels in children - RCT June 2015](#)
- [Spinal muscular atrophy \(rare disease\) might be helped with vitamin D - June 2015](#)
- [Neonate horses \(as well as neonate humans\) having low vitamin D are more likely to die. – June 2015](#)
- [2,000 IU of vitamin D reduced schizophrenia chance by 77 percent \(male infants\) - 2004](#)
- [Diabetes \(Type 1\) increasing 4 percent per year, now 30,000 in the UK - May 2015](#)
- [Growing pains reduced 57 percent by vitamin D therapy – May 2015](#)
- [Kawasaki disease \(strawberry tongue\) associated with very low vitamin D – May 2015](#)
- [Only 1 in 10 UK parents had been told about vitamin D by their child’s doctor – April 2015](#)
- [Only 1 in 4 UK children had EVER gotten vitamin D supplements – April 2015](#)
- [Infant psychomotor development has a U shaped relationship with vitamin D cord blood levels – April 2015](#)
- [Low dose Vitamin D during pregnancy and infancy results in strange acute respiratory infection response – April 2015](#)
- [Newborn acute lower respiratory tract infection associated with low maternal vitamin D – March 2015](#)
- [High intracranial pressure in children – most common cause was low vitamin D – March 2015](#)
- [T1 diabetes in children helped with two doses of 150,000 IU of vitamin D and Calcium – March 2015](#)
- [Low vitamin D during pregnancy associated with four health problems in children – Jan 2015](#)
- [Hens fed a form of vitamin D had more hatchable eggs and more immune chicks – March 2015](#)
- [Hypothesis – Multiple Sclerosis risk increases with low UV, viral infections, and antibiotics in childhood – March 2015](#)
- [Type I diabetes in dark skin children associated with low vitamin D if far from equator – Jan 2015](#)
- [Birth Defects – March of Dimes Global Report \(does not even mention Vitamin D\) – Jan 2015](#)
- [Effects of low vitamin D on pregnancy and neonate – review Jan 2015](#)
- [50,000 IU Vitamin D one time after birth helped – RCT Jan 2015](#)
- [Less sun \(less vitamin D\) more anaphylaxis \(severe allergic reaction\) – June 2014](#)
- [Teeth enamel problems \(MIH\) 11 percent less likely with just 4 ng more vitamin D – Dec 2014](#)
- [Vitamin D loading doses of up to 400,000 IU OK for adolescents – meta-analysis Dec 2014](#)
- [Children born of mothers with low vitamin D at 18 weeks had 4 health problems – Dec 2014](#)
- [Bone fracture in children 1.8 X more likely if born in winter \(low vitamin D\) – Dec 2014](#)
- [Type 1 diabetes helped with 50,000 IU of vitamin D every two weeks – Nov 2014](#)
- [Growing pains reduced 60 percent by monthly Vitamin D – March 2014](#)
- [UK program to increase Vitamin D \(Healthy Start\) continues to be a farce - Nov 2014](#)
- [Dark skinned children were vitamin D deficient in Italy \(not infants\) – Nov 2014](#)
- [Diarrhea more common in children having low vitamin D - Nov 2014](#)
- [Low vitamin D at birth associated with later milk sensitization, allergic rhinitis and asthma – Nov 2014](#)
- [T1 Diabetes associated with low vitamin D - Nov 2014](#)
- [Immune System response of infants is associated with higher levels of vitamin D – RCT Nov 2014](#)

- [UK people and doctors still clueless about vitamin D – Survey Oct 2014](#)
- [Acute Lower Respiratory Infections in Children - associated with low vitamin D – meta-analysis Dec 2014](#)
- [3X more kids were vitamin D deficient when entering UK hospitals than 4 years before – Oct 2014](#)
- [Heavier Babies Do Better in School \(perhaps more vitamin D\) – Oct 2014](#)
- [Respiratory Tract Infection visits 2.5 less likely with vitamin D: Pregnancy 2000 IU, Infant 800 IU – RCT Oct 2014](#)
- [Vitamin D \(40-70 ng\) in Children's Health – review Sept 2014](#)
- [Vitamin D Levels in Europe – Sept 2014](#)
- [Child Bone health – \(incorrect\) recommendations by US Pediatric and Bone Health groups – Sept 2014](#)
- [Extremely low vitamin D in mother: early birth and low weight in children, mortality in mice – Sept 2014](#)
- [Even after informing mothers of the importance of vitamin D supplementation few did so – Aug 2014](#)
- [Preterm infants, kidney, rickets and vitamin D intake: is it time for rewriting the history – Aug 2014](#)
- [Vitamin D deficiency was mistaken for child abuse in a small fraction of 2800 cases – April 2014](#)
- [No preemie had even 30 ng of vitamin D, lower D associated with more Respiratory Distress – Aug 2013](#)
- [Infant sepsis strongly associated with low vitamin D – Aug 2014](#)
- [Infants do not tolerate some brands of Vitamin D – additives, color, etc](#)
- [Juvenile Idiopathic Arthritis is strongly associated with low vitamin D – many studies](#)
- [Preschool children with low vitamin D visited their doctor more often – April 2014](#)
- [2000 IU vitamin D during pregnancy and 800 IU to infant resulted in less use of antibiotics – RCT April 2014](#)
- [Type I Diabetes stopped increasing in Finland after Vitamin D levels were raised – July 2014](#)
- [Post-mortem analysis of children in London Hospital – only 1 child had adequate level of vitamin D – July 2014](#)
- [Diabetic children often need more than 7,000 IU of vitamin D – June 2014](#)
- [Asthma is not treated by weekly 14,000 IU of vitamin D \(proven yet again\) July 2014](#)
- [T1 Diabetes 35 percent more likely if 10 degrees further from equator \(less vitamin D\) – June 2014](#)
- [Bedwetting 3X more likely with low vitamin D – June 2014](#)
- [Neonate loading dose of 30,000 IU vitamin D helped a lot – May 2014](#)
- [5 out of 6 children who died in pediatric critical care unit had low vitamin D – May 2014](#)
- [Maternal vitamin D: slight differences between daily vs single doses – RCT Dec 2013](#)
- [300 IU is not enough vitamin D for preterm infants – March 2014](#)
- [3X fewer infant dental caries if good level of vitamin D while pregnant – April 2014](#)
- [Family Medicine vitamin D survey: 400 IU for infants, but many prefer supplementing mom – April 2014](#)
- [Hospitalization consumes vitamin D in children – March 2014](#)
- [Pink eye \(seasonal allergic conjunctivitis\) associated with low vitamin D and high vitamin E – March 2014](#)
- [Fewer pre-infants were vitamin D deficient when they got 800 IU – RCT Feb 2014](#)
- [The Vitamin Deficiency Signs That Can Send You to Prison – Feb 2014](#)
- [2000 IU of vitamin D should improve toddlers health in winter – RCT almost completed Feb 2014](#)
- [Rare infant vitamin D toxicity – due to errors which resulted in more than 240,000 IU – Jan 2014](#)
- [Higher vitamin D at birth associated with less diabetes and obesity 35 years later – Jan 2014](#)
- [Hip problem in boys \(PERTHES' DISEASE\) associated with low vitamin D – Jan 2014](#)
- [96 percent of ear, nose, throat children had less than 30 ng of vitamin D – Jan 2013](#)
- [Vitamin D Webinar - cost of pre-term birth etc- Baggerly Nov 2013](#)
- [Anemia 1.9X more likely in white children having lowish vitamin D – Jan 2014](#)
- [800 IU vitamin D for infant and 2000 IU for mother is good, not great – RCT Dec 2013](#)
- [More Hypertension in obese children with low vitamin D, especially at night – Dec 2013](#)

- [Breast milk resulted in 20 ng of vitamin D for infant if mother had taken 5,000 IU daily – RCT Dec 2013](#)
- [Very poor follow-thru with vitamin D testing and supplementation of obese children – June 2013](#)
- [1600 IU vitamin D safe for infants – RCT Nov 2102](#)
- [Newborns in sunny Jordan have very low Vitamin D \(histogram\) – Nov 2013](#)
- [Children have better Calcium levels when vitamin D levels are higher than 30 ng – Nov 2013](#)
- [Low vitamin D in International Adoptees \(somewhat typical\)– Dec 2013](#)
- [Severe tooth decay in children unless supplemented with Vitamin D drops – Oct 2013](#)
- [Obese children gain weight more quickly when have low vitamin D – Oct 2013](#)
- [Rett syndrome associated with low vitamin D, treated by Omega-3](#)
- [Danish study of childhood diseases vs vitamin D fortification – May 2013](#)
- [Maternal supplementation \(vitamin D is an emerging topic\) Lancet Oct 2013](#)
- [Vitamin D levels of Mexican children: mean 38 ng – May 2013](#)
- [Presentation: pre and post natal vitamin D, with audience comments – Manchester UK Sept 2013](#)
- [Study found little proof that preemies need more vitamin D – Sept 2013](#)
- [Delayed scholastic achievement associated with low vitamin D levels – Aug 2012](#)
- [Vitamin D deficiency for children's bones is 14ng, based on PTH analysis – Sept 2013](#)
- [100,000 IU of vitamin D every 90 days was not frequent enough to prevent Diarrhea – Sept 2013](#)
- [Type 1 diabetes 3.5X more frequent if low vitamin D - Medscape CME Dec 2012](#)
- [Review of Micronutrients such as vitamin D for women and childhood – Aug 2013](#)
- [Low vitamin D associated with 5.5X increased risk of low bone mineral density – March 2013](#)
- [RXRA gene activity at birth weakly associated with bone density at age 4 – Aug 2013](#)
- [Childhood mental disorders vs levels of vitamin D – July 2013](#)
- [Some preemies needed more than 400 IU of vitamin D – July 2013](#)
- [5X increase in vitamin D deficiency after leaving primary school \(Tasmania\) – Oct 2012](#)
- [Vitamins D and A, before and after birth – March 2013](#)
- [Infants in France and Finland need 1000 IU of vitamin D, but apparently infants in US need only 400 - 2013](#)
- [WHO says that infants not need vitamin D until 6 months and only 200 IU after - 2013](#)
- [Preemies have low vitamin D levels yet only get 400 IU – July 2013](#)
- [Hypothesis: recent increases in flat-headed infants is due to low vitamin D – July 2013](#)
- [Children with Cancer were 3X more likely to be vitamin D deficient – July 2013](#)
- [Breastfed Infants in Iowa got very little vitamin D, especially if winter or dark skin – July 2013](#)
- [Child bone conference: many vitamin D and ricket abstracts – June 2013](#)
- [Preemies have increased need for vitamin D and Calcium \(Rickets\)– May 2013](#)
- [Chronic kidney with low vitamin D: 90 percent of pediatric nephrologists now recommend more D – Feb 2013](#)
- [400 IU vitamin D was insufficient for 6 percent born of Vitamin D-Deficient Mothers – June 2013](#)
- [Most European infants get vitamin D supplements, vs only 1 in 50 in US – June 2013](#)
- [Took 4 months of 400 IU vitamin D for Iranian infants to get serum level of 30 ng – June 2013](#)
- [Fastest bone growth occurs before age 2](#)
- [Largest cause of infant deaths is respiratory infections, which is associated with low vitamin D – April 2011](#)
- [Congenital heart surgery dropped vitamin D levels by 40 percent – July 2013](#)
- [Children low on vitamin D were 2X more likely to have diarrhea and vomiting - June 2013](#)
- [Breastfed infants: 90 percent had less than 20 ng of vitamin D, formula-fed: 15 percent – May 2013](#)
- [Group is giving only 200 IU of Vitamin D to 70 million women and children to prevent Rickets](#)

- [March of Dimes pays for study of Vitamin D - May 2013](#)
- [Black infants had far lower vitamin D levels which did not vary with season – Jan 2013](#)
- [Middle ear infection \(Otitis Media\) and Vitamin D – many studies](#)
- [Many preemies need at least 800 IU of vitamin D – RCT May 2013](#)
- [Third study found that Infants needed 1600 IU of vitamin D – JAMA RCT May 2013](#)
- [75 percent of unexplained sudden infant deaths had inadequate level of vitamin D – April 2013](#)
- [Half of children with chronic illness had low levels of vitamin D – April 2013](#)
- [Infants who have iron deficiency anemia are 4X more likely to be vitamin D deficient – March 2013](#)
- [400 IU of vitamin D for infants is good, 200 IU is not enough – RCT April 2013](#)
- [UK Milk producer sets vitamin D day, yet UK milk rarely has vitamin D – March 31 2013](#)
- [Obese mothers with adequate vitamin D gave birth to low D and fat infants – Jan 2013](#)
- [6000 IU may be needed to get vitamin D in breast milk – systematic review March 2013](#)
- [93% of newborns of military in Hawaii had low vitamin D – March 2013](#)
- [11X more non-immigrant children allergic to peanuts if vitamin D less than 20 ng – Feb 2013](#)
- [Symptoms of vitamin D deficiency vary with the age of the child – Feb 2013](#)
- [2000 IU vitamin D3 was not enough for children with chronic kidney disease – Feb 2013](#)
- [Vitamin D DRI for children lowered to 200 IU in Korea – Jan 2013](#)
- [Tonsillectomy, tonsillitis and Vitamin D - many studies](#)
- [Breastfed without vitamin D supplements – a problem for NZ infants Jan 2013](#)
- [Juvenile Rheumatoid Arthritis associated with low vitamin D, but how low – meta-analysis Jan 2013](#)
- [Metabolic Syndrome in children is associated with low vitamin D – review Jan 2013](#)
- [1000 IU of vitamin D reduced child PTH, but did not increase Calcium – RCT Jan 2013](#)
- [Heavier kids more vitamin D deficient, especially if dark skinned – Pediatrics Dec 2012](#)
- [UVB added in classroom reduced cavities, increased height, increased academics. etc](#)
- [Vitamin D3 far better than D2 at raising infant vitamin D blood levels – Dec 2012](#)
- [30 to 40 ng of vitamin D associated with the least peanut allergy – Nov 2012](#)
- [High level of maternal vitamin D and infant food allergy – controversy](#)
- [Vitamin D deficient children stayed in ICU almost 2 days longer – Sept 2012](#)
- [Almost all newborns in India have less than 20 ng of vitamin D – Nov 2012](#)
- [Dental caries cut in half by vitamin D, review of 24 old clinical trials – Nov 2012](#)
- [Infant-Child](#)
- [Fewer than 15 percent of 5 year-olds getting vitamin D prescriptions in France – Nov 2012](#)
- [Reminder – 400 IU is enough only when infant already had a good level of vitamin D – Nov 2012](#)
- [Vitamin D Deficiency is a Strong Predictor \(4X\) of Asthma in Children – Oct 2012](#)
- [Early Puberty if low vitamin D - many studies](#)
- [Many infant infections avoided with supplementation with 400 IU of vitamin D – Oct 2012](#)
- [Infants born early had low vitamin D levels – Oct 2012](#)
- [Vitamin D levels very low for some childhood cancers, then got lower – Sept 2012](#)
- [Comparison of Vitamin D supplementation guidelines for children – China 400 IU 2012](#)
- [Infants again said to need more than 400 IU of vitamin D – Sept 2012](#)
- [Small for gestational age and insulin at age 6 – Sept 2012](#)
- [Infants receiving 1600 IU of vitamin D were safe and healthy – RCT Aug 2012](#)
- [Unsupplemented infants were 19X more likely to be vitamin D deficient – May 2012](#)

- [Prevention of vitamin D deficiency in mothers and infants worldwide - a paradigm shift. – Feb 2012](#)
- [Vitamin D prior to and after birth](#)
- [Giving vitamin D to ALL children reduced \(rickets\) symptoms by 60 percent – Aug 2012](#)
- [More Calcium absorbed from formula than breast milk, lacking vitamin D – Aug 2012](#)
- [Obese children with celiac disease had lower levels of vitamin D – April 2012](#)
- [Concern about accidentally giving infant too much liquid vitamin D – Aug 2012](#)
- [Several papers on Vitamin D for critically ill children in Journal of Pediatrics – Aug 2012](#)
- [83 percent of children had less than 20 ng of vitamin D – 15 ng avg for hispanic – Aug 2012](#)
- [TB vaccinations increased vitamin D levels a year later – Jan 2012](#)
- [UK Day-Cares being offered grants to develop vitamin D methods – July 2012](#)
- [Cardiovascular risk factors in children associated with low vitamin D – May 2012](#)
- [Bone health markers generally not improved by 550 IU of vitamin D after birth – July 2012](#)
- [Children with severe caries were 2X more likely to have inadequate vitamin D – July 2012](#)
- [Vitamin D for children – translated from Spanish – July 2012](#)
- [Youths with autoimmunity disorders were 2.3 X more likely to be vitamin D deficient – July 2012](#)
- [Acute lower respiratory infection 5X more frequent with low vitamin D intake – June 2012](#)
- [Children with limited mobility are at high risk of being vitamin D deficient – June 2012](#)
- [Low birth weight 3X more likely if mother had less than 25 nanograms of vitamin D – May 2012](#)
- [Recurrence of child pneumonia delayed by 100000 IU of vitamin D – RCT Oct 2010](#)
- [UK pediatricians have a lot to learn about vitamin D – May 2012](#)
- [Sunlight for babies – US Govt 1933](#)
- [Like their diabetic mothers, infants had low vitamin D and were slightly diabetic – May 2012](#)
- [Vitamin D Genes associated with Childhood Asthma And Lung Function - April 2012](#)
- [Osteopenia in preterm infants – May 2012](#)
- [Mothers and infants in India have very low levels of vitamin D – April 2012](#)
- [Dosing error gave 12000 IU daily vitamin D to infant, but no indication of any problem – April 2012](#)
- [400 IU vitamin D for breastfed - American Association of Pediatrics - Feb 2012](#)
- [600,000 IU of vitamin D2 every 4 months for decades in East Germany – 1987](#)
- [Still unsure of association between vitamin D and asthma and allergies – review April 2012](#)
- [Intervention of 400 IU of vitamin D raised infant blood levels 14 ng – Jan 2012](#)
- [Hypercalcemia in 3 children who had more than 30 ng of vitamin D – March 2012](#)
- [Death of Babies in UK due to vitamin D deficiency – Jan 2012](#)
- [Congestive heart failure in infants virtually cured by 1000 IU of vitamin D – RCT Feb 2012](#)
- [Nutritional Rickets in Denmark especially among immigrant children- Feb 2012](#)
- [Type I diabetes 2X more likely if mother had low vitamin D – Jan 2012](#)
- [French Society of Paediatrics Vitamin D recommendations – Jan 2012](#)
- [Rickets in 30 percent of infants in India who had low vitamin D – March 2011](#)
- [Mother and father on trial for infant death – set free – death was due to rickets – Dec 2011](#)
- [Only about 10 percent of breastfed infants get even the minimum recommended vitamin D – April 2010](#)
- [CYP24A1 gene mutation is a cause of rare infant vitamin D toxicity – Aug 2011](#)
- [200 IU vitamin D daily not enough to change infant mortality – May 2011](#)
- [Sepsis is both prevented and treated by Vitamin D - many studies](#)
- [FOODLets or Sprinkles might increase vitamin D in children](#)

- [90 percent of Indian mothers and infants had less than 20 ng of vitamin D – May 2011](#)
- [Recommend 100 IU of vitamin D per kg of infant - Poland July 2011](#)
- [Infants getting 1400 IU vitamin D weekly grew better – RCT May 2011](#)
- [Turkey gave 400 IU vitamin D to all infants and reduced Rickets by 60X - 2011](#)
- [400 IU not enough to raise preemies vitamin D level to 30 ng – Dissertation 2010](#)
- [Allergy - Overview](#)
- [More vitamin D, more height - many studies](#)
- [The more vitamin D the lower the infant BMI – March 2011](#)
- [3X more allergy to peanuts if child born with low UV – Feb 2011](#)
- [All babies in Ireland should have 200 IU of vitamin D - Feb 2011](#)
- [More childhood allergies when vitamin D is less than 15 ng – Feb 2011](#)
- [Infants getting 500 IU achieved 60 ng vitamin D in blood – Jan 2011](#)
- [Bladder infection and Vitamin D - many studies](#)
- [Chief UK Medical Officer recommends only 280 IU for children - Jan 2011](#)
- [400 IU vitamin D daily got most infants above 20 ng – Jan 2011](#)
- [Pneumonia and low vitamin D - many studies](#)
- [Less child bone if mother lacked vitamin D – Dec 2010](#)
- [ADHD and Vitamin D Deficiency](#)
- [6400 IU vitamin D is effective during breastfeeding – Oct 2010](#)
- [Jaundice and vitamin D](#)
- [Bone density of children did not improve with 3 month of vitamin D – Oct 2010](#)
- [400 IU vitamin D for infants and 2000 IU during pregnancy if high risk – June 2010](#)
- [Your vitamin D deficient infant could be taken away from you – Council Sept 2010](#)
- [Breastfed infants in Germany with 250 IU of vitamin D got to 56ng – Sept 2010](#)
- [Low D in developing countries – less than 5 ng in some children in China – Oct 2010](#)
- [Infants 2X more likely to get schizophrenia if had very low vitamin D – Sept 2010](#)
- [830 IU vitamin D \(50000 bi-monthly\) helped infants – May 2010](#)
- [Very short children were very low on vitamin D and Calcium – Aug 2010](#)
- [Arab preterm infants often have less than 10 ng of vitamin D - 2010](#)
- [Obama task force told that childhood Obesity linked to Vitamin D Deficiency – Aug 2010](#)
- [Most mothers still do not supplement infants with vitamin D – July 2010](#)
- [Majority of infant seizures in India due to lack of vitamin D - July 2010](#)
- [Babies Receive Heart Transplants Instead of Vitamin D Treatment](#)
- [Large increase in dark skin children with vitamin D deficiency in Glasgow – June 2010](#)
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- [Infants in Montreal at risk of rickets – telephone survey June 2010](#)
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- [FDA warns against over 400 IU vitamin D for infants, especially with droppers - June 2010](#)
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- [Dark Skinned babies probably need vitamin D to prevent nutritional rickets - 2001](#)
- [MS relapse rate for children was 34% less for every extra 10 ng/ml of vit D](#)
- [Vitamin D in the Infant: Requirements for Safety 2006](#)
- [Infants given 400 800 and 1200 IU of vit D all had increased blood levels April 2010](#)

- [Children need Vitamin D etc if on a gluten-free diet just like other kids - March 2010](#)
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VitaminDWiki - 82 studies in both categories infant-Child and Intervention

This list is automatically updated

- [Children had a better response to Vitamin D given every 2 weeks than daily – RCT Aug 2024](#)
- [Monthly vitamin D dosing better for children than daily \(again\) - Oct 2023](#)
- [Bone fractures of children not reduced if given little vitamin D, no Calcium etc. – RCT May 2023](#)
- [Chronic tonsillitis virtually eliminated in children by Vitamin D \(50,000 IU weekly\) – RCT May 2023](#)
- [Infants getting an additional 800 IU of vitamin D for 2 years had 60% fewer psychiatric symptoms at age 7 – RCT May 2023](#)
- [Response to infant 2,000 IU Vitamin D daily was in 194 ng, monthly dosing was 20% less – RCT May 2023](#)
- [Half of infants had less than 20 ng of Vitamin D with 800 IU \(need more\) – RCT Sept 2022](#)
- [COVID children helped by Vitamin D, trial terminated: unethical to not give Vitamin D to all: – RCT July 2022](#)
- [Faster growth in infants getting 1200 IU of Vitamin D – RCT July 2022](#)
- [Breastfed Infants need more than an daily average of 800 IU of Vitamin D – RCT June 2022](#)
- [2.4 X fewer lower respiratory track infections in infants getting 400 IU of Vitamin D – May 2022](#)
- [Infants have gotten free 400 IU of vitamin D in Turkey since 2005, More for longer would be even better – Feb 2022](#)
- [Monthly 120,000 IU of Vitamin D while breastfeeding was good – RCT Jan 2022](#)
- [Additional Vitamin D not help – infants previously had 35 ng of vitamin D – RCT Sept 2021](#)
- [Supplement preterm infants with vitamin D if less than 80 ng – RCT Sept 2021](#)
- [400 IU of Vitamin D helped breastfed infants, need more – RCT Sept 2021](#)
- [Infant Respiratory Infections not reduced by mothers taking small amount of vitamin D \(28,000 weekly\) – RCT July 2021](#)
- [Vitamin D for infants – 100,000 IU monthly is better than 400 IU daily – RCT Oct 2020](#)
- [Toddlers with more than 48 ng of vitamin D weighted less and were thinner – RCT Dec 2020](#)
- [6,400 IU of Vitamin D is safe and effective during breastfeeding – RCT Dec, 2020](#)
- [Little weight loss in obese children from very small amount of vitamin D \(1200 IU\) – RCT April 2020](#)
- [Lower Respiratory Tract Infection in Infants reduced 5.9 X by daily 600 IU of vitamin D \(China\) - March 2020](#)
- [Bones of white children not helped by 1,000 IU of vitamin D \(Northern latitudes\) – RCT Sept 2018](#)
- [Vitamin D levels in children optimized with six Vitamin D biscuits – RCT Nov 2018](#)
- [Tic disorder reduced by Vitamin D supplementation – Aug 2019](#)
- [Preemie immunity \(Treg\) vastly improved by 800 IU of Vitamin D daily – RCT July 2019](#)
- [Allergic Rhinitis in infants treated by 1,000 IU vitamin D daily – June 2019](#)
- [Treatment of neonate sepsis greatly aided by Vitamin D – RCT June 2019](#)
- [400 IU of Vitamin D in food provided virtually no benefit to children - March 2018](#)
- [Children need 2000 IU of Vitamin D \(India\) - RCT May 2019](#)
- [Autistic symptoms reduced by Vitamin D and or Omega-3 – RCT March 2019](#)
- [Preterm babies have low vitamin D, but recover in 6 weeks with 800 IU supplementation – Jan 2019](#)
- [Attention-Deficit Hyperactivity Disorder treated by weekly 50,000 IU of vitamin D – RCT Nov 2018](#)
- [Autism problems reduced by Vitamin D, Omega-3 – RCT Oct 2018](#)
- [1200 IU vs 400 IU of vitamin D did not improve bone health or immunity of children who were sufficient – RCT July 2018](#)
- [Childhood Respiratory Health hardly improved with 600 IU of vitamin D \(need much more\) – May 2018](#)
- [430 genes changed when 3,800 IU Vitamin D added in late second trimester – RCT May 2018](#)
- [Severe Non-Alcoholic fatty liver disease treated by Omega-3 – RCT April 2018](#)

- [400 IU of Vitamin D provided no benefit to children \(not a surprise\) – RCT March 2018](#)
- [Allergic rhinitis in children reduced somewhat during pollen season by just 1,000 IU of vitamin D – RCT Jan 2018](#)
- [Half the risk of Influenza -A in infants taking 1200 IU of vitamin D for 4 months – RCT Jan 2018](#)
- [Risk of infant Asthma cut in half if mother supplemented Vitamin D to get more than 30 ng – RCT Oct 2017](#)
- [Preemies getting 800 IU of vitamin D were 3X less likely to have low bone density 4 weeks later – RCT Oct 2017](#)
- [Preemies need 1,000 IU of vitamin D – RCT Sept 2017](#)
- [NAFLD in children nicely treated by combination of Vitamin D and Omega-3 – RCT Dec 2016](#)
- [Vitamin D needed to get children to just 20 ng in winter 800 IU white skin, 1100 IU dark \(Sweden\) – RCT June 2017](#)
- [Childhood asthma problems eliminated for months by 600,000 IU of Vitamin D injection – June 2017](#)
- [Breastfeeding mothers and Vitamin D: supplement only themselves usually, 4 out of 10 used monthly rather than daily – Jan 2017](#)
- [Premature infants \(30 weeks\) who got 800-1000 IU of vitamin D were much healthier – March 2017](#)
- [Newborn Vitamin D - single 50,000 IU is better than daily – RCT Sept 2016](#)

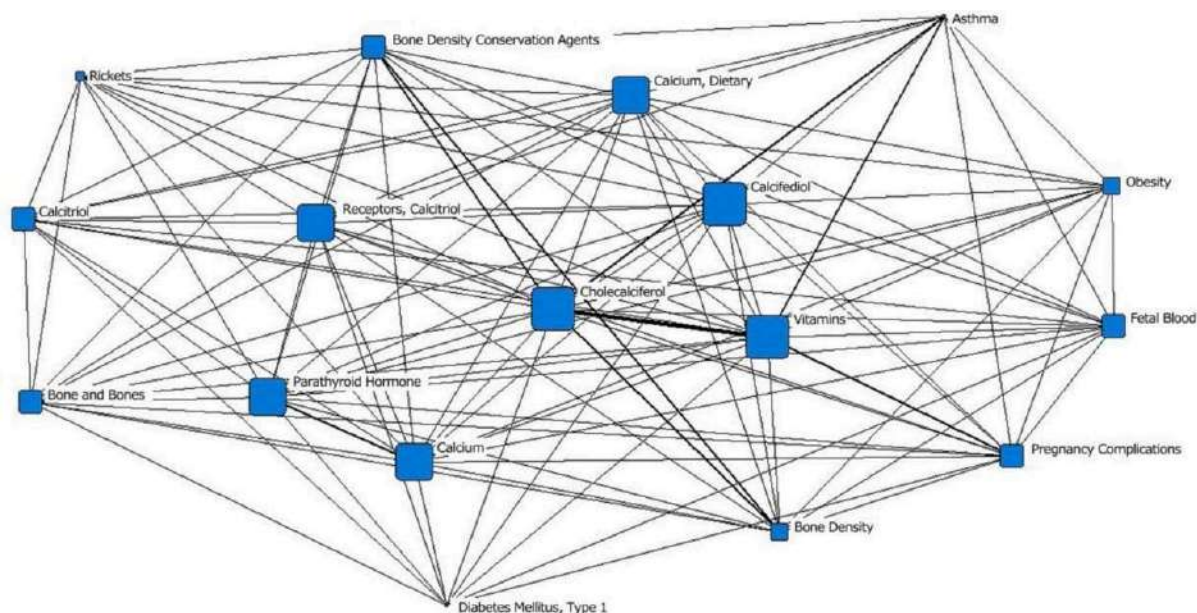
Search terms for Children and Vitamin D - May 2021

Analysis of Development Trends of the Research Hotspots of Vitamin D in Children

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Xuemei Luo, Feifeng Wu, Cheng Wang and Chuan Wen*

Department of Pediatrics, The Second Xiangya Hospital, Central South University, Changsha, China



Objective: Using multivariate statistics and social network analysis techniques, we present a realistic and intuitive visualization of the research hotspots and development trends of vitamin D in children.

Methods: The Medical Subject Headings (MeSH) term “vitamin D” was used to search all the publications (the study subjects were 0–18 years old) included in PubMed by time period. The subject terms for each development stage were extracted, the high-frequency subject terms were extracted using the Bibliographic Items Co-occurrence Matrix Builder (BICOMB), and a core subject term co-occurrence matrix was established. The Netdraw function of Ucinet 6.0 software was used to complete the social network drawing of the core subject term co-occurrence matrix to form a co-word network diagram composed of core subject terms.

Results: Prior to 1979, there were 890 papers with 1,899 core subject terms; from 2010 to 2020, there were 3,773 papers with 12,682 core subject terms. Before 1979, the research direction of vitamin D in children focused on vitamin D in the classical regulation of calcium and phosphorus metabolism. From 1980 to 1989, studies focused on vitamin D metabolites and therapeutic drugs such as “calcitriol” and “calcifediol.” From 1990 to 1999, studies focused on “calcitriol” and its association with “psoriasis,” “chronic renal failure,” and “dermatological drugs.” From 2000 to 2009, studies focused on “vitamin D” and “vitamin D deficiency.” From 2010 to 2020, studies focused on “vitamin D3” and its association with “vitamins,” “bone mineral density protectants,” “asthma,” “obesity,” “pregnancy complications” and “fetal blood.”

Conclusion: Since 2010, the research direction of vitamin D in children has been growing rapidly, and the overall development trend is good. Studies extend from the study of the skeletal effect of vitamin D to the study of its extraskeletal effect and the investigation of mechanisms of its association with related diseases.

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VitaminDWiki - 59 studies in both categories Infant-Child and Virus

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- [Children who had COVID had 2.2 X higher risk of long COVID if had less than 30 ng of Vitamin D – Jan 2025](#)
- [Multiple Childhood Vaccinations increased autism risk by 4.4 X \(Florida\) – Jan 2025](#)
- [Pfizer COVID vaccinations resulted in altering immune systems \(increased IgG4 \) – Aug 2024](#)
- [FDA study of 4 million children found 2 COVID-19 vaccination red flags, but continue to push boosters – May 2024](#)
- [Children in hospital: those with COVID had lower Vitamin D, Iron, etc. – April 2024](#)
- [US has the most vaccinations before age 1 and the most deaths - March 2024](#)
- [18,000 schoolchildren in Canada to be suspended for not being vaccinated - Feb 2024](#)
- [COVID Vaccinated Children 1.25 X More Likely to Be Hospitalized for Respiratory Illness - CDC Jan 2024](#)
- [France has injected 200,000 infants with RSV vaccine, based on no long-term data - Here we go again - Dec 2023](#)
- [Brazil mandates COVID-19 vaccine for children - Nov 2023](#)
- [Doctors in NY cannot opt out of COVID boosters for children - Oct 2023](#)
- [Infants getting lots of vaccinations are 2X more likely to die - July 2023](#)
- [COVID, Long-COVID and Vitamin D in children - Review April 2023](#)
- [Multisystem Inflammatory Syndrome of COVID in Children 3X more likely if low Vitamin D – Feb 2023](#)
- [PICU layoffs due to pandemic lulls, but children are now getting 3 years of viral infection all at once – Oct 2022](#)
- [COVID 5.5 X more likely to be severe if low Vitamin D \(children in this case\) – Oct 2022](#)
- [Triplememic: Flu, COVID, and RSV \(all fought by Vitamin D\) - Oct 2022](#)
- [CDC advised to recommended annual COVID vaccination of all children over 6 months old – Oct 20, 2022](#)
- [6X increase in excess deaths of children since vaccinations were started - Oct 2022](#)
- [Early puberty during pandemic \(low vitamin D\) - several studies](#)
- [COVID kids were more likely to have a poor VDR \(4.3 X\), than low Vitamin D \(2.6 X\) – Sept 2022](#)
- [Recent increases in pediatric endocrine problems may be decreased by Vitamin D – Aug 2022](#)
- [COVID children helped by Vitamin D, trial terminated: unethical to not give Vitamin D to all: – RCT July 2022](#)
- [Increase in children with low vitamin D and with tibia fractures during COVID – June 2022](#)
- [28,859 deaths and 238,412 serious injuries due to vaccines, how many more when add ages 0.5 - 5 – June 2022](#)
- [Pandemic Vitamin D levels dropped by 3.3 ng \(perhaps less D, more health problems\) – May 2022](#)
- [Problems after childhood vaccinations - many studies](#)
- [FDA approved 5-11 vaccine booster \(based tiny unpublished study without asking advisory panel\) May 2022](#)
- [Remdesivir approved to treat COVID in Infants, yet Vitamin D is 3000 X more cost effective and widely used - April 2022](#)
- [Risk factors for severe COVID in children are all related to low vitamin D \(same as adults\) - April 2022](#)
- [Hepatitis normally rare in children: huge increase after lockdown \(Adenovirus, low Vitamin D\) - April 2022](#)
- [Children with higher Vitamin D had less severe COVID \(no surprise\) – April 2022](#)
- [Children have less severe COVID, but just as much long-haul as adults - April 2022](#)
- [Croup \(due to viruses\) has surged with Omicron - March 2022](#)
- [COVID children with multisystem inflammatory syndrome have less than 10 ng of vitamin D – March 2022](#)
- [16,000 Physicians and Scientists Agree Kids Shouldn't Get COVID Vaccine - Dec 15, 2021](#)
- [Younger are much less likely to die of COVID than elderly \(posters\) - Nov 2021](#)

- [COVID Vaccination trial for kids: 11 red flags - Oct 25, 2021](#)
- [Children and COVID - many studies](#)
- [8 of 10 pediatric COVID-19 infections were Vitamin D deficient \(49 patients\) – May 2021](#)
- [Severe pediatric COVID 5.5 more likely if low vitamin D \(review of 6 studies\) -July 2021](#)
- [Sudden Infant Deaths \(SIDS\) soon after vaccination - several studies](#)
- [Hospitalized children with COVID-19 and inflammation had lower vitamin D – March 2021](#)
- [Severe childhood COVID-19 associated with Vitamin D deficiency \(hospital in Turkey\) – March 2021](#)
- [Vitamin D might reduce Multisystem Inflammatory Syndrome in children – March 2021](#)
- [87 percent of children with COVID–19 had low vitamin D \(small study\) – Feb 2021](#)
- [Vaccinations resulted in increased office visits for children 16 months later - Nov 2020](#)
- [13 possible reasons why COVID-19 is less severe in children – Dec 1, 2020](#)
- [Vitamin D associated with reduced COVID-19 risks in children - Grassroots Nov 2020](#)
- [Children with low vitamin D far more likely to hospitalized with COVID-19 – Oct 2020](#)

VitaminDWiki associations between Infant-Child and other categories

Pregnancy 74; Intervention 71; Breathing 66; Top news 51; Virus 42; Diabetes 38; Youth 35; Deficiency 34; Europe 33; Rickets 29; Obesity 27; Autoimmune 27; Omega-3 24; Loading dose 22; Trauma and surgery 21; Skin - Dark 20; Meta-analysis 19; Bone - Health 19; Vitamin D Receptor 18; Dental 16; Immunity 16; Middle East 15; Cognitive 12; Inflammation 12; Cancer 11; Intervention - non daily 10; Orient 10; Rheumatoid Arthritis 9; How much 9; Liver 8; Falls and Fractures 8; Fortification 8; Cardiovascular 7; Iron 7; Toxicity 7; Consensus 7; Gut 7; Antibiotics, probiotics 7; Autism 6; Vit D Binding Protein 6; Sleep 6; Noontime sun and D 6; Far from equator 5; Calcium 5; Genetics 5; Multiple Sclerosis 5; UV 4; Kidney 4; Ear 4; Depression 4; Australia and New Zealand 4; Hypertension 4; Sports D 4;

As of Nov 2022 [Click below to see detailed associations](#)

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The original document is available at <https://vitamindwiki.com/Infant-Child>

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Vision

- [Highlights of Vision in VitaminDWiki](#)
 - [Ocular Diseases and Vitamin D genes - June 2022](#)
 - [Vitamin D and Ocular Diseases: A Systematic Review - April 2022](#)
 - [Vision Meta-analyses](#)
 - [112 vision articles in VitaminDWiki](#)
 - [See also Vision on the web](#)
 - [20+ VitaminDWiki pages with \(MACULAR and DEGENERATION\) AMD in title](#)
 - [VitaminDWiki - 5 studies in both categories Vision and Infant-child](#)
-

Highlights of Vision in VitaminDWiki

- [12% larger pupils in children who are Vitamin D deficient – Feb 2024](#) parasympathetic nervous system?
- [Myopia, AMD, Dry Eye, and Diabetic Retinopathy are all associated with low Vitamin D - April 2023](#)
- [An ocular disease can be associated with low vitamin D and 1 of 5 poor vitamin D genes – June 2022](#)
- [Eye vitamin D may not be associated with blood VitD, but is associated with CYP27B1 and CYP24A1 – Nov 2019](#)
- [Vitamin D treats and prevents a variety of eye problems \(need 70 ng\) – June 2018](#)
- [Vitamin D and Myopia, AMD, Diabetic Retinopathy, Uveitis, Glaucoma, VDR etc. – May 2015](#)
- [Tears often have 25 % higher levels of vitamin D than does blood](#)

Vision problems having many studies on VitaminDWiki

- [Uveitis \(inflamed eye\) and Vitamin D - many studies](#)
- [Age-Related Macular Degeneration and Vitamin D - many studies](#)
- [Cataracts and Vitamin D - many studies](#)
- [Diabetic Retinopathy associated with low Vitamin D - many studies](#)
- [7+ studies of Glaucoma and Vitamin D](#)
- [Dry Eyes treated by Omega-3 and Vitamin D – many studies](#)
- [21+ studies of Myopia and Vitamin D](#)

112 items in [Vision](#) category

Ocular Diseases and Vitamin D genes - June 2022

Vitamin D, the Vitamin D Receptor, Calcitriol Analogues and Their Link with Ocular Diseases

Nutrients 2022, 14(11), 2353; <https://doi.org/10.3390/nu14112353>

by Miłosz Caban and Urszula Lewandowska *ORCID Poland

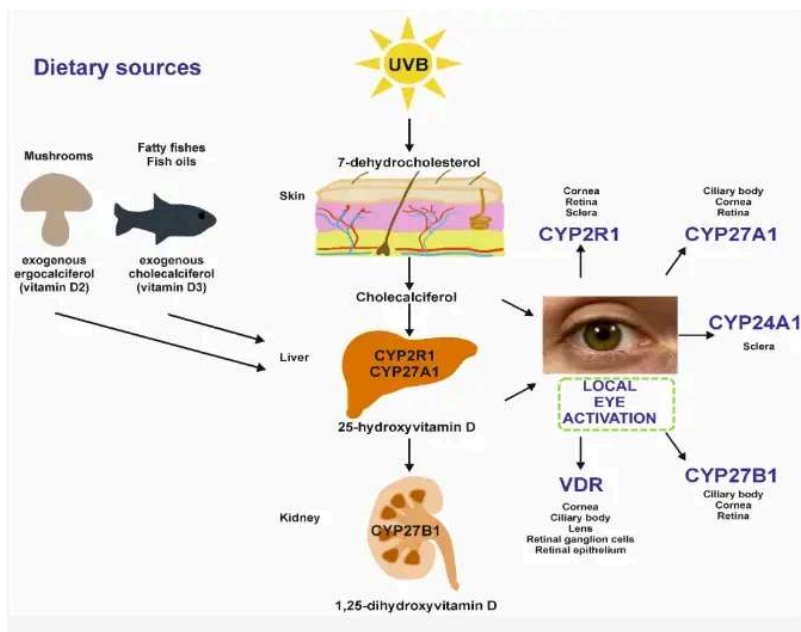


Table of Contents

- [Vitamin D, VDR and Calcitriol Analogues in Ocular Diseases:](#)
 - Age-Related Macular Degeneration (AMD)
 - Diabetic Retinopathy (DR)
 - Optic Neuritis (ON)
 - Retinal Vein Occlusion (RVO)
 - Myopia
 - Retinoblastoma
 - Uveal Melanoma (UM)
 - Non-Infectious Uveitis
 - Vogt-Koyanagi-Harada Disease (VKHD)
 - Glaucoma
 - Cataract
 - Scleritis
 - Dry Eye Syndrome (DES)
 - Vernal Keratoconjunctivitis (VKC)
 - Keratoconus
 - Pterygium
 - Thyroid Eye Disease (TED)
 - Benign Essential Blepharospasm (BEB)

The global prevalence of eye diseases continues to grow, bringing with it a reduction in the activity levels and quality of life of patients, and partial or complete blindness if left untreated. As such, there is considerable interest in identifying more effective therapeutic options and preventive agents. One such agent is vitamin D, known to have a range of anti-cancer, anti-angiogenic, anti-inflammatory and anti-oxidative properties, and whose deficiency is linked to the pathogenesis of a range of cardiovascular, cancer, and inflammatory diseases. This review presents the current stage of knowledge concerning the link between vitamin D and its receptor and the occurrence of eye disease, as well as the influence of analogues of calcitriol, an active metabolite of vitamin D. Generally, patients affected by various ocular disorders have vitamin D deficiency. In addition, previous findings suggest that vitamin D modulates the course of eye diseases and may serve as a marker, and that its supplementation could mitigate some disorders. However, as these studies have some limitations, we recommend further randomized trials to clarify the link between vitamin D and its activity with eye disease.

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Vitamin D and Ocular Diseases: A Systematic Review - April 2022

Portion of the Table of Contents

- Myopia
- Age-Related Macular Degeneration
- Glaucoma *limited*
- Diabetic Retinopathy
- Dry Eye Syndrome
- Thyroid Eye Diseases *limited*
- Uveitis
- Retinoblastoma *limited*
- Cataract
- Other Ocular Diseases
- Perspective

Int. J. Mol. Sci. 2022, 23(8), 4226; <https://doi.org/10.3390/ijms23084226>

Hei-Nga Chan 1,†, Xiu-Juan Zhang 1,†, Xiang-Tian Ling 1, Christine Huyen-Trang Bui 1, Yu-Meng Wang 1, Patrick Ip 2, Wai-Kit Chu 1,3, Li-Jia Chen 1,3,4, Clement C. Tham 1,3,4,5,6, Jason C. Yam 1,3,4,5,6,* and Chi-Pui Pang 1,3,*

1 Department of Ophthalmology and Visual Sciences, The Chinese University of Hong Kong,

2 Department of Paediatrics and Adolescent Medicine, University of Hong Kong, Hong Kong, China;

3 Hong Kong Hub of Paediatric Excellence, The Chinese University of Hong Kong, Hong Kong, China

4 Department of Ophthalmology and Visual Sciences, Prince of Wales Hospital, Hong Kong, China

5 Department of Ophthalmology, Hong Kong Children's Hospital, Hong Kong, China

6 Hong Kong Eye Hospital, Hong Kong, China

* Correspondence: yamcheuksing@cuhk.edu.hk (J.C.Y.); cypang@cuhk.edu.hk (C.-P.P.)

The contributory roles of vitamin D in ocular and visual health have long been discussed, with numerous studies pointing to the adverse effects of vitamin D deficiency. In this paper, we provide a systematic review of recent findings on the association between vitamin D and different ocular diseases, including myopia, age-related macular degeneration (AMD), glaucoma, diabetic retinopathy (DR), dry eye syndrome (DES), thyroid eye disease (TED), uveitis, retinoblastoma (RB), cataract, and others, from epidemiological, clinical and basic studies, and briefly discuss vitamin D metabolism in the eye. We searched two research databases for articles examining the association between vitamin D deficiency and different ocular diseases.

One hundred and sixty-two studies were found.

There is evidence on the association between vitamin D and myopia, AMD, DR, and DES.

Overall, 17 out of 27 studies reported an association between vitamin D and AMD, while 48 out of 54 studies reported that vitamin D was associated with DR, and 25 out of 27 studies reported an association between vitamin D and DES.

However, the available evidence for the association with other ocular diseases, such as glaucoma, TED, and RB, remains limited.

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Vision Meta-analyses

- [Dry eyes associated with low Vitamin D – meta-analysis May 2020](#)
- [Vitamin D and Age-Related Macular Degeneration \(and 2 AMD meta-analyses\) – Oct 2017](#)
- [Diabetic Retinopathy twice as likely if a T2 Diabetic has low level of vitamin D – meta-analysis March 2017](#)
- [Diabetic Retinopathy 2 X more likely if poor Vitamin D Receptor – meta-analysis Nov 2016](#)
- [Diabetic Retinopathy 27 percent more likely if low vitamin D – meta-analysis May 2016](#)
- [Late stage AMD 2.2 more likely if low vitamin D – meta-analysis April 2016](#)

112 vision articles in VitaminDWiki

wiki page:

- [Thinnest part of retina is thicker if low vitamin D \(Myopia etc\) – Dec 2024](#)

- [Uveitis \(inflamed eye\) and Vitamin D - many studies](#)
- [Eye disorders 1.86 X more likely if low vitamin D – Oct 2024](#)
- [Blood in the retina 10.5 X more likely if low vitamin D – Aug 2024](#)
- [Very preterm infants with low vitamin D are 4 X more likely to have retinal problems – Aug 2024](#)
- [Risk of bleeding in the eye \(RVO\) is 14 X more likely if low vitamin D – meta-analysis July 2024](#)
- [Baggy eyes in seniors \(dermatochalasis\) is associated with low vitamin D – July 2024](#)
- [Risk of Autoimmune Uveitis \(an outer eye inflammation\) decreases 6% for each 1 ng higher level of vitamin D – Coimbra July 2024](#)
- [Retinopathy in males 6.9 X more likely if low vitamin D and low Magnesium - June 2024](#)
- [16% of people getting COVID-19 vaccination had Uveitis \(middle eye infection\) within 1 year – April 2024](#)
- [Viral conjunctivitis much worse if low vitamin D in tears – April 2024](#)
- [12% larger pupils in children who are Vitamin D deficient – Feb 2024](#)
- [An eye infection \(non-infectious uveitis\) 2X more likely if low vitamin D a year before – Meta-analysis Dec 2023](#)
- [Glaucoma fought by Vitamin D - several studies](#)
- [Worse Myopia in young adults if lower vitamin D - Sept 2021](#)
- [Myopia not related to Vitamin D if assume same D generated any time of the day - Sept 2023](#)
- [Myopia epidemic and Vitamin D - many studies](#)
- [Thin Choroid \(eye lining\) in children thickened by 300,000 IU of Vitamin D – July 2023](#)
- [COVID vaccinations doubled the risk of blood clots in the eye \(RVO\) – May 2023](#)
- [Myopia, AMD, Dry Eye, and Diabetic Retinopathy are all associated with low Vitamin D - April 2023](#)
- [Cataracts and Vitamin D - many studies](#)
- [Several eye problems can be treated by Vitamin D – April 2023](#)
- [Elevated Intraocular Pressure \(leads to glaucoma\) risk cut in half with lots of vitamin D - Jan 2023](#)
- [Resveratrol, which increased Vitamin D in the cell, improves vision – July 2022](#)
- [Vitamin D does not help when most are not deficient \(cataract surgery in this case\) – RCT Sept 2022](#)
- [The Myopia Generation \(Hint - sunshine and vitamin D\) - Sept 2022](#)
- [An ocular disease can be associated with low vitamin D and 1 of 5 poor vitamin D genes – June 2022](#)
- [Does less sun mean more Myopia - June 2022](#)
- [Poor vision associated with poor Vitamin D or poor Vit. D genes – June 2022](#)
- [Diabetic Retinopathy associated with low Vitamin D - many studies](#)
- [3 ocular diseases are associated with low vitamin D – review April 2022](#)
- [Age-Related Macular Degeneration and Vitamin D - many studies](#)
- [Eyes with open-angle glaucoma contain half as much Vitamin D – Sept 2021](#)
- [Moderate to high Myopia 2X more likely if low Vitamin D \(China\) – June 2021](#)
- [Glaucoma 3.1 X more likely if a poor Vitamin D Receptor – Sept 2020](#)
- [Dry eyes associated with low Vitamin D – meta-analysis May 2020](#)
- [Vitamin D level in eye not associated with level in blood – Jan 2020](#)
- [Vitamin D and Myopia, AMD, Diabetic Retinopathy, Uveitis, Glaucoma, VDR etc. – May 2015](#)
- [Eye vitamin D may not be associated with blood VitD, but is associated with CYP27B1 and CYP24A1 – Nov 2019](#)
- [Macular Degeneration \(AMD\) antioxidants treated by Vitamin D in the lab – Aug 2019](#)
- [Bulged cornea \(Keratoconus\) 2.9 X more likely if low vitamin D – April 2019](#)
- [All people with Cataracts had low vitamin D levels – April 2019](#)
- [LLLT reverses Age-related Macular Degeneration for a while - multiple studies](#)
- [Age-Related Macular Degeneration - Diet, bionome, Vitamin D, CBD, Avastin, etc](#)

- [Less High Myopia if high vitamin D \(Korea\) – Jan 2019](#)
- [Dry eye treatment 20 percent better in those getting vitamin D supplements – Dec 2018](#)
- [Vitamin D treats and prevents a variety of eye problems \(need 70 ng\) – June 2018](#)
- [Myopia in adults is 8 percent more likely for every 4 ng less Vitamin D – meta-analysis July 2018](#)
- [Vitamin D is the best vitamin to fight glaucoma – May 2018](#)
- [The drier the eye, the lower the Vitamin D – May 2017](#)
- [Vitamin D and Age-Related Macular Degeneration \(and 2 AMD meta-analyses\) – Oct 2017](#)
- [Dry Eyes treated by Omega-3 and Vitamin D – many studies](#)
- [Myopia, dry eye and Vitamin D – PhD 2017](#)
- [Dry eye decreased with weekly 50,000 IU vitamin D injection for 8 weeks – Sept 2017](#)
- [Retinal venous occlusions \(eye stroke\) 133 X more likely if low vitamin D – April 2017](#)
- [Cataracts associated with low Omega-3, Vitamin D, etc – April 2017](#)
- [Eyes with poor blood drainage \(RVO\) have very low levels of vitamin D – March 2017](#)
- [Astigmatism may be related to low Vitamin D](#)
- [Many vision problems prevented by Vitamin D – May 2015](#)
- [Diabetic Retinopathy twice as likely if a T2 Diabetic has low level of vitamin D – meta-analysis March 2017](#)
- [More sun when young, less myopia when old – Jan 2017](#)
- [Inflammation of middle eye \(Anterior Uveitis\) 3 times more likely if low vitamin D – Dec 2016](#)
- [Less myopia associated with work outdoors, less education, higher Vitamin D, higher lutein – Dec 2016](#)
- [Diabetic Retinopathy 2 X more likely if poor Vitamin D Receptor – meta-analysis Nov 2016](#)
- [Dry eye treated equally well by Omega-3 and krill oil – RCT Nov 2016](#)
- [Myopia 2 times more likely if Vitamin D Receptor problem – June 2011](#)
- [Tears often have 25 % higher levels of vitamin D than does blood](#)
- [Diabetic Retinopathy 27 percent more likely if low vitamin D – meta-analysis May 2016](#)
- [Late stage AMD 2.2 more likely if low vitamin D – meta-analysis April 2016](#)
- [All myopic children had less than 50 ng of vitamin D – March 2016](#)
- [Cataracts prevented and perhaps treated by Vitamin D - 2015](#)
- [Glaucoma \(POAG\) risk is 2.1X higher if low vitamin D - Aug 2015](#)
- [2 Genes make AMD 6X more likely if low vitamin D - Aug 2015](#)
- [Dry eyes associated with low vitamin D](#)
- [Myopia boom \(still no mention of vitamin D\) – Nature April 2015](#)
- [Off Topic: More than 800 mg of Calcium increases risk of Macular Degeneration in seniors by 2.6X – JAMA April 2015](#)
- [Cancer deaths of senior women 60 percent more likely if low Vitamin D – March 2015](#)
- [Macula in eyes of seniors were 3.7X more likely to be thin if low vitamin D - July 2014](#)
- [Male late stage Age-Related Macular Degeneration is strongly associated with low vitamin D – July 2014](#)
- [Wet AMD 3X less likely if high level of vitamin D – June 2014](#)
- [Pink eye \(seasonal allergic conjunctivitis\) associated with low vitamin D and high vitamin E – March 2014](#)
- [Glaucoma risk increases 69 percent if very low vitamin D - Jan 2014](#)
- [Severe Myopia associated with low vitamin D and smoking \(which also reduces vitamin D\) - Jan 2014](#)
- [Eye cancer and UV – Review of controversy – Sept 2013](#)
- [Macular Degeneration with subretinal fibrosis strongly associated with low vitamin D – July 2013](#)
- [Macular degeneration 4X more likely if low vitamin D and a particular gene – May 2013](#)
- [Hypothesis: Dyslexia and low vitamin D - early 2013](#)

- [Diabetic Neuropathy sometimes can be reversed by vitamin D](#)
 - [Off Topic: Cataracts can be dissolved away in 6 months](#)
 - [UVB has some association with cataracts](#)
 - [Vision](#)
 - [Worse diabetic vision is associated with low vitamin D or high PTH - Nov 2012](#)
 - [Vitamin D might be generated in the eye by UVB – May 2012](#)
 - [Macular Degeneration decreased with UV and perhaps Vitamin D genetics– Oct 2011](#)
 - [Diabetics have more retina problems as they have less vitamin D – Sept 2011](#)
 - [Macular Degeneration increases risk of hemorrhagic stroke by 6X – July 2011](#)
 - [Sun exposure reduces Myopia – June 2011](#)
 - [UV and macular degeneration](#)
 - [Ultraviolet Radiation and the Anterior Eye – June 2011](#)
 - [Wear glasses when getting vitamin D from the sun – June 2011](#)
 - [Macular Degeneration Twin Study – Vitamin D reduced, smoking increased \(by 13X in later study\)](#)
 - [Vitamin D may help prevent macular degeneration in women younger than 75 – April 2011](#)
 - [Probable relationship between myopia and vitamin D – Feb 2011](#)
 - [Myopia may be related to low vitamin D](#)
 - [Most cataract surgery intraocular lenses block UV](#)
 - [Several Vision problems may be the result of vitamin D deficiency](#)
 - [Hypothesis: Low vitamin D linked to Myopia](#)
-

See also Vision on the web

- [Association of vitamin C with the risk of age-related cataract: a meta-analysis](#) March 2015
20% less likely to get cataracts with highest Vitamin C (intake and serum both considered)
- [Vitamin D Deficiency Is Significantly More Common in People with Noninfectious Uveitis](#) Oct 2016
American Academy of Ophthalmology 2016 Annual Meeting
3X more likely to have Noninfectious Uveitis if vitamin D deficient
- [Free software to determine your current eye glass prescription](#) Aug 2018
Uses your smartphone and your PC. Nothing about Vitamin D
- [Is Macular Degeneration Preventable?](#) Mercola Dec 2018 - nothing about Vitamin D
Japan has a 57X increase in AMD in 30 years **suspect due to processed foods**
30X more AMD in urban vs rural (processed vs no processed foods) Nigeria
 - [AMD Mercola July 2020](#)
 - **>1,000 X AMD rate after processed foods were consumed** (Increase Omega-6, decrease Omega-3)
- [Safron improved AMD vision even for those taking AREDS](#) RCT Jan 2019
improved about 0.7 letters for those with mild to moderate AMD after 3 months

Consumer Labs summary on Vision Supplements - April 2019 (no mention of Vitamin D)

Lutein and zeaxanthin are believed to protect the macula of the eye (in the retina) from damage (see What It Does).

Many people consume relatively small amounts of lutein and zeaxanthin in their diets or have low levels of lutein in their blood; for them, taking a lutein supplement can slow the progression of age-related macular degeneration — although it won't improve the condition (see Getting lutein and zeaxanthin from food).

A dose of 10 mg of lutein appears to be better than a lower dose (6 mg). Higher dose products (e.g., 20 mg to 40 mg) are common, although it is not known if a higher dose is better. Nevertheless, 20 mg has been shown to be safe in a 6-month study.

It's not clear whether the "free" or "ester" form, or a natural or synthetic source, is better and it is not clear if there is added benefit with zeaxanthin.

Lutein and zeaxanthin at a reasonable dose (10 to 20 mg) can be obtained for as little about 15 cents per day (see What CL Found).

Other ingredients, particularly zinc, may be beneficial in slowing the progression of age-related macular degeneration. Vision formulas with these ingredients as well as lutein and zeaxanthin are available, although significantly more expensive than getting lutein/zeaxanthin alone. The formula with the strongest clinical

evidence is Bausch + Lomb PreserVision AREDS Lutein (see What CL Found — Vision Formulas). One vision formula failed testing, containing only 9% of its listed lutein. To enhance absorption, it is best to take lutein and zeaxanthin supplements with a fatty meal. However, consumption of certain foods and supplements may decrease absorption of lutein and zeaxanthin (see Concerns and Cautions).

20+ VitaminDWiki pages with (MACULAR and DEGENERATION) AMD in title

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Items Found: 20

Title	Modified
Macular Degeneration increases risk of hemorrhagic stroke by 6X – July 2011	11 Aug, 2024
Age-Related Macular Degeneration and Vitamin D - many studies	27 Jun, 2023
Myopia, AMD, Dry Eye, and Diabetic Retinopathy are all associated with low Vitamin D - April 2023	24 Apr, 2023
LLLT reverses Age-related Macular Degeneration for a while - multiple studies	28 Nov, 2021
Vitamin D and Myopia, AMD, Diabetic Retinopathy, Uveitis, Glaucoma, VDR etc. – May 2015	18 Nov, 2019
Macular Degeneration (AMD) antioxidants treated by Vitamin D in the lab – Aug 2019	24 Aug, 2019
Age-Related Macular Degeneration - Diet, bionome, Vitamin D, CBD, Avastin, etc	19 Mar, 2019
Macular Degeneration Twin Study – Vitamin D reduced, smoking increased (by 13X in later study).	14 Mar, 2019
Vitamin D and Age-Related Macular Degeneration (and 2 AMD meta-analyses) – Oct 2017	14 Mar, 2019
Late stage AMD 2.2 more likely if low vitamin D – meta-analysis April 2016	08 Apr, 2016
Macular Degeneration decreased with UV and perhaps Vitamin D genetics– Oct 2011	04 Apr, 2016
2 Genes make AMD 6X more likely if low vitamin D - Aug 2015	04 Apr, 2016
Macular degeneration 4X more likely if low vitamin D and a particular gene – May 2013	04 Apr, 2016
Wet AMD 3X less likely if high level of vitamin D – June 2014	04 Apr, 2016
Male late stage Age-Related Macular Degeneration is strongly associated with low vitamin D – July 2014	04 Apr, 2016
UV and macular degeneration	28 Aug, 2015
Off Topic: More than 800 mg of Calcium increases risk of Macular Degeneration in seniors by 2.6X – JAMA April 2015	17 Apr, 2015
Macular Degeneration with subretinal fibrosis strongly associated with low vitamin D – July 2013	03 Aug, 2013
Off topic: Baby-sized aspirin doubles chance of getting wet macular degeneration	08 Apr, 2013
Vitamin D may help prevent macular degeneration in women younger than 75 – April 2011	06 Jul, 2011

VitaminDWiki - 5 studies in both categories Vision and Infant-child

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- [Very preterm infants with low vitamin D are 4 X more likely to have retinal problems – Aug 2024](#)
- [Thin Choroid \(eye lining\) in children thickened by 300,000 IU of Vitamin D – July 2023](#)
- [Moderate to high Myopia 2X more likely if low Vitamin D \(China\) – June 2021](#)
- [All myopic children had less than 50 ng of vitamin D – March 2016](#)
- [Pink eye \(seasonal allergic conjunctivitis\) associated with low vitamin D and high vitamin E – March 2014](#)

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