Chronic Kidney Disease needs Vitamin D - many studies

Chronic Kidney Disease decreases Vitamin D level in 4 ways
4X more Chronic Kidney disease patients are now using vitamin D – March 2014
Vitamin D testers have different test results if there is chronic kidney disease – Sept 2019
Kidney dialysis often filters out vitamin D
Low vitamin D causes many health problems, such as weak bones
Want to have good Vitamin D levels to prevent CKD from causing other health problems
Higher vitamin D levels can treat CKD 50 ng 80 ng
Monthly dosing appears better than daily for CKD and many other health problems
CKD also decreases Vitamin K2-7
Form of vitamin D to be used; normal, Calcitriol, or synthetic
Non-oral form is often better for CKD (topical, emulsion swished in mouth, patch cream, etc)

- Vitamin D therapy in chronic kidney disease: a critical appraisal of clinical trial evidence - Aug 2024
- Vitamin D and Chronic Kidney Disease Association with Mineral and Bone Disorder: An Appraisal of Tangled Guidelines
- CKD not helped by small doses of standard Vitamin D - Aug 2023
- How Much Vitamin D does CKD need: 50 ng, 80 ng?
- 63+ VitaminDWiki pages with CHRONIC KIDNEY in title
- Kidney category contains
- Overview Kidney and vitamin D contains
- 16 Items in both Kidney and Calcitriol categories (some believe that is the right form)
    - There have been 183083 visits to this page

Vitamin D therapy in chronic kidney disease: a critical appraisal of clinical trial evidence - Aug 2024

Clinical Kidney Journal, Volume 17, Issue 8, August 2024, sfae227, https://doi.org/10.1093/ckj/sfae227

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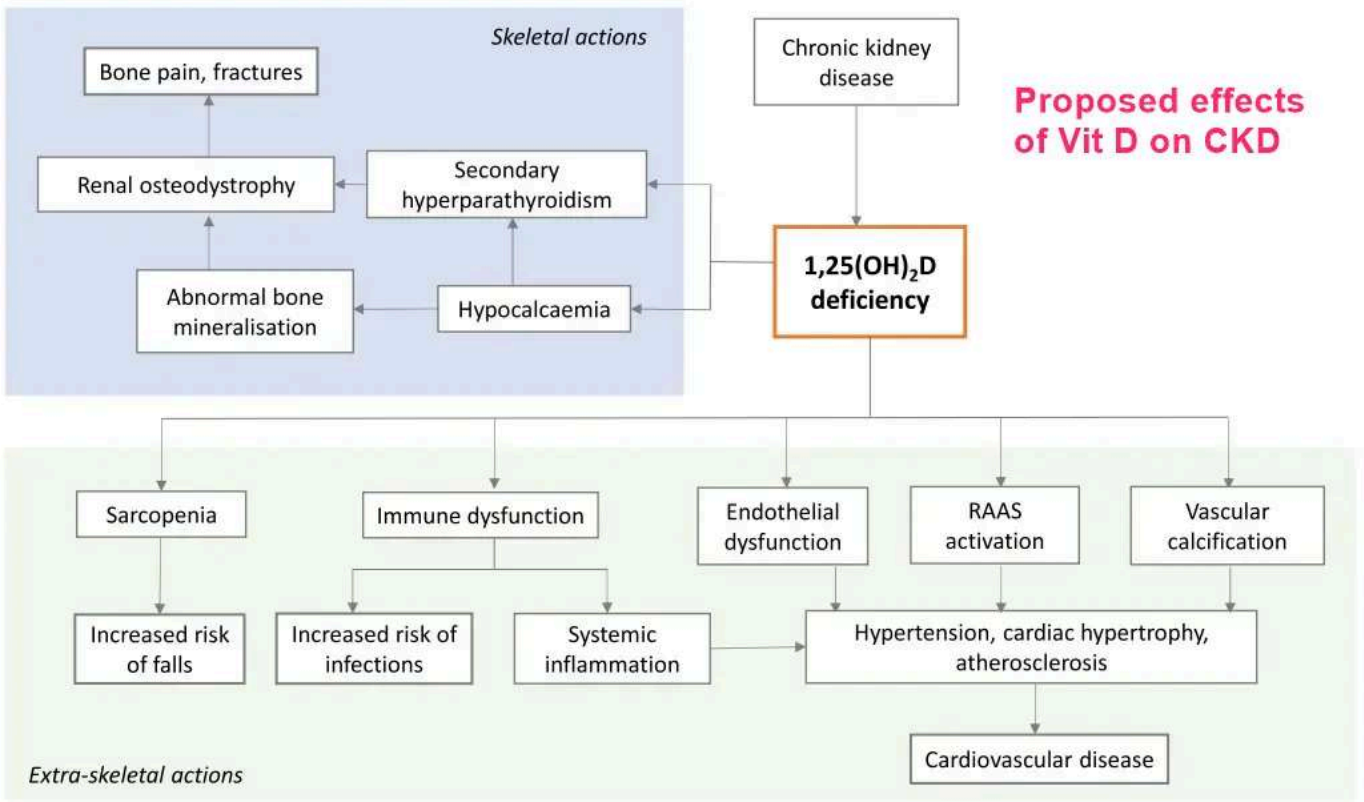

In people with chronic kidney disease (CKD), the physiology of vitamin D is altered and leads to abnormalities in bone and mineral metabolism which contribute to CKD mineral and bone disorder (CKD-MBD). Observational studies show an association between vitamin D deficiency and increased risk of mortality, cardiovascular disease and fracture in CKD. Although vitamin D therapy is widely prescribed in people with CKD, clinical trials to date have failed to demonstrate a clear benefit of either nutritional vitamin D supplementation or active vitamin D therapy in improving clinical outcomes in CKD. This review provides an updated critical analysis of recent trial evidence on vitamin D therapy in people with CKD.

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Vitamin D and Chronic Kidney Disease Association with Mineral and Bone Disorder: An Appraisal of Tangled Guidelines

Nutrients 2023, 15(7), 1576; https://doi.org/10.3390/nu15071576

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Chronic kidney disease (CKD) is a highly prevalent condition worldwide in which the kidneys lose many abilities, such as the regulation of vitamin D (VD) metabolism. Moreover, people with CKD are at a higher risk of multifactorial VD deficiency, which has been extensively associated with poor outcomes, including bone disease, cardiovascular disease, and higher mortality. Evidence is abundant in terms of the association of negative outcomes with low levels of VD, but recent studies have lowered previous high expectations regarding the beneficial effects of VD supplementation in the general population. Although controversies still exist, the diagnosis and treatment of VD have not been excluded from nephrology guidelines, and much data still supports VD supplementation in CKD patients. In this narrative review, we briefly summarize evolving controversies and useful clinical approaches, underscoring that the adverse effects of VD derivatives must be balanced against the need for effective prevention of progressive and severe secondary hyperparathyroidism. Guidelines vary, but there seems to be general agreement that VD deficiency should be avoided in CKD patients, and it is likely that one should not wait until severe SHPT is present before cautiously starting VD derivatives. Furthermore, it is emphasized that the goal should not be the complete normalization of parathyroid hormone (PTH) levels. New developments may help us to better define optimal VD and PTH at different CKD stages, but large trials are still needed to confirm that VD and precise control of these and other CKD-MBD biomarkers are unequivocally related to improved hard outcomes in this population,

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CKD not helped by small doses of standard Vitamin D - Aug 2023

Vitamin D supplementation in people with CKD

Kidney Int . 2023 Aug 2;S0085-2538(23)00540-9. doi: 10.1016/j.kint.2023.07.010

Marc G Vervloet 1, Simon Hsu 2, Ian H de Boer 2

Vitamin D supplements have long been advocated for people with chronic kidney disease (CKD) based on data from observational studies among the general population and also people with CKD. These data consistently suggested that higher circulating concentrations of 25-hydroxyvitamin D are associated with improved fracture, cardiovascular, cancer, and mortality outcomes. In the last few years, large clinical trials have been conducted to assess the effects of vitamin D supplements on a range of clinically relevant outcomes. Most of these studies were performed in the general population but also enrolled people with CKD.

Virtually all these trials were negative and contradicted the observational data. In this review, the key observational data and clinical trials are summarized and potential explanations for the discrepancies between these studies are discussed.

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How Much Vitamin D does CKD need: 50 ng, 80 ng?

- Need at least 80 ng of vitamin D if have chronic kidney disease – May 2012
- More than 30 ng of vitamin D is sometimes needed (Kidney needs 50 ng) – March 2019
- See also: Is 50 ng of vitamin D too high, just right, or not enough

63+ VitaminDWiki pages with CHRONIC KIDNEY in title

This list is automatically updated

Items found: 65

Title	Modified
Chronic Kidney Disease needs Vitamin D - many studies	26 Feb, 2025
1 in 10 have Chronic Kidney Disease (but only 5% are aware of it) – review Sept 2019	30 Nov, 2023
Chronic Kidney not helped much by little vitamin D (none got to a 75 nmol level) – meta-analysis Sept 2023	25 Nov, 2023
Chronic Kidney disease 15 X more likely if Vitamin D deficient (Chinese males) – Sept 2023	16 Sep, 2023
All children with Chronic Kidney Disease had low Vitamin D (Pakistan hospital) Jan 2023	06 Feb, 2023
Calcitriol (active Vitamin D) prevents and treats COVID (with Chronic Kidney Disease in this case) June 2022	05 Jul, 2022
Vitamin D treatment of Chronic Kidney Disease: monthly better than daily – RCT May 2022	10 Jun, 2022
Chronic Kidney Disease study not aware of appropriate forms of vitamin D – March 2014	10 Jun, 2022
4X more Chronic Kidney disease patients are now using vitamin D – March 2014	10 Jun, 2022
Vitamin K2 MK- 7 not as available if have Chronic Kidney Disease - Nov 2021	11 Nov, 2021
More people with Chronic Kidney Disease are now getting Vitamin D prescriptions (India) – Sept 2021	05 Sep, 2021
Vitamin D testers have different test results if there is chronic kidney disease – Sept 2019	16 Feb, 2021
Chronic Kidney Disease decreases Vitamin D in 4 ways – Nov 2017	07 Jan, 2021
Chronic Kidney Disease (stage 3) slowed by 30 ng of Vitamin D and Calcitriol – Dec 2019	05 Dec, 2019
Half as much chronic kidney disease infection if supplement with Vitamin D – 2018	15 Mar, 2019
Chronic Kidney Disease Patients need Vitamin K – Jan 2019	15 Feb, 2019
Chronic Kidney Disease patients need more than 20 ng of Vitamin D – workshop conclusion Oct 2018	09 Oct, 2018
Chronic kidney treatment by Vitamin D lacks consensus: type, how much – Sept 2018	03 Oct, 2018
Hypothesis: Magnesium might prevent and treat Chronic Kidney Disease – April 2018	09 Sep, 2018
Just 2 doses of Vitamin D resulted in many benefits (Chronic Kidney Disease)– Jan 2018	06 Jan, 2018
Chronic Kidney Disease and Vitamin D Analogs – commentary Jan 2013	27 Aug, 2017
Depression in Chronic Kidney Disease is predicted to be 6 times more likely if low vitamin D – Feb 2017	25 Aug, 2017
2.4 times more likely to die if have Chronic Kidney Disease and low vitamin D - Sept 2016	18 Jul, 2017
Chronic Kidney Disease mortality is 60 percent less likely if good vitamin D – meta-analysis July 2017	18 Jul, 2017
50 percent of Chronic Kidney Disease treatments in Germany include vitamin D – Dec 2012	13 Jul, 2017
Chronic Kidney disease in 20 percent of seniors in Taiwan – April 2017	30 Apr, 2017
Standard oral vitamin D is not a good way to supplement if have Chronic Kidney Disease – March 2016	20 Mar, 2017
Chronic Kidney disease not helped much by vitamin D provided you ignore dose size – meta-analysis Sept 2013	01 Feb, 2017

Title	Modified
7100 IU (50000 weekly) restored vitamin D levels for those with Chronic Kidney Disease – July 2012	21 Sep, 2016
Chronic Kidney Disease not treated by 1400 IU of vitamin D – Nov 2015	20 Nov, 2015
Chronic kidney with low vitamin D: 90 percent of pediatric nephrologists now recommend more D – Feb 2013	27 Oct, 2015
Time-release form of active vitamin D granted a patent for chronic kidney disease – July 2014	26 Jul, 2015
Active vitamin D treats Chronic Kidney Disease by stimulating Klotho production – Dec 2012	26 Jul, 2015
Vitamin D and chronic kidney disease – July 2014	18 Dec, 2014
Chronic Kidney Disease reduced with 3600 IU vitamin D (50000 twice a month)– RCT Aug 2012	11 Jun, 2014
Vitamin D receptor activation and Chronic Kidney Disease – Oct 2011	14 May, 2014
4X more Chronic Kidney disease patients using vitamin D – March 2014	11 Apr, 2014
Chronic Kidney disease patients increased use of vitamin D from 10 to 44 percent – March 2014	11 Apr, 2014
Need at least 80 ng of vitamin D if have chronic kidney disease – May 2012	07 Apr, 2014
Chronic Kidney Disease patients need more vitamin D and phosphate – Jan 2014	08 Feb, 2014
Vascular calcification in chronic kidney disease April 2010	21 Dec, 2013
Most Chronic Kidney Disease patients restored their vitamin D levels with just 1,000 IU – Dec 2013	10 Dec, 2013
2000 IU vitamin D3 was not enough for children with chronic kidney disease – Feb 2013	10 Dec, 2013
Chronic Kidney Disease clinical trials of UV in Germany – April 2013	10 Nov, 2013
Inflammation and Vitamin D in Chronic Kidney Disease – May 2013	02 Nov, 2013
Paricalcitol better than vitamin D2 for Chronic Kidney disease – April 2011	13 Jul, 2013
Standard and artificial vitamin D both help Chronic Kidney Disease – meta-analysis April 2013	24 Apr, 2013
Vitamin D reduced risk of death of Chronic Kidney Disease by 30 percent: Meta-analysis March 2013	10 Mar, 2013
Chronic Kidney disease and low vitamin D in disadvantaged populations Nov 2010	20 Jan, 2013
Chronic Kidney – only 1 in 3 doctors said kids need more than 30 ng of vitamin D – Oct 2012	23 Oct, 2012
5700 IU of vitamin D helped half with chronic kidney disease if not having dialysis – July 2012	01 Sep, 2012
Chronic kidney disease associated with higher levels of vitamin K1 – July 2012	29 Jul, 2012
Chronic kidney disease and PTH – Calcium – Phosphate – Vitamin D – April 2011	23 May, 2012
Perhaps Vitamin D3 is better than D2 for Chronic Kidney Disease – May 2012	09 May, 2012
Chronic Kidney disease with low vitamin D causes health problems – April 2012	17 Apr, 2012
Chronic Kidney Disease stage not associated with vitamin D levels – March 2012	25 Mar, 2012
Death rate increased 3X for chronic kidney disease if low vitamin D – Nov 2011	04 Nov, 2011
Vitamin D and Chronic Kidney Disease – Aug 2011	02 Sep, 2011
Chronic Kidney Disease meta-analysis of vitamin D – Jan 2011	11 Aug, 2011
Use of vitamin D in chronic kidney disease patients. – May 2010	07 Aug, 2011
33 percent more likely to die of chronic kidney disease if less than 15 ng vitamin D – Aug 2011	07 Aug, 2011
Heart problems 5X worse for chronic kidney patients low on vitamin D – Mar 2011	08 Mar, 2011
Chronic Kidney disease and vitamin D deficiency – Jan 2011	08 Jan, 2011
Meta-analysis finds vitamin D helps chronic kidney disease – Sept 2010	06 Oct, 2010
Therapeutic window for vitamin D and chronic kidney disease	24 Apr, 2010

Kidney category contains

Overview Kidney and vitamin D contains

- **FACT:** The Kidneys are not the primary way to activate vitamin D; the tissues are
- **FACT:** When the Kidney has problems, there is less active vitamin D (Calcitriol) for the body
- **FACT:** When the Kidney has problems, there is increased death due to many factors - many of which are associated with lack of Calcitriol
- **FACT:** There are many ongoing intervention clinical trials trying to determine how much of what kind of vitamin D is needed to treat the problem
- **FACT:** One Randomized Controlled Trial has proven that Vitamin D treats CKD
- **FACT:** 38% of seniors have Chronic Kidney Disease and most are unaware of it CDC statistics 2020
- **FACT:** Taking extra Vitamin D, in various forms, does not cause health problems - even if poor kidney
- **Suggestion:** Increase vitamin D getting into body now - and increase co-factors so that the vitamin D can be better used

  Sun, UV lamp, Vitamin D supplement - probably > 5,000 IU,

  Nanoemulstion vitamin D (inside cheek, topically) gets activated Vitamin D to the cells without the need for healthy kidney, liver, or intestine

  Calcitriol - which bypasses the need for the kidney to activate vitamin D

  Problems with Calcitriol however: typically only lasts for a few hours, also, possible complications

  Update: Pre-cursor of active vitamin D made from plants is better than calcitriol – Sept 2012
- Category Kidney and Vitamin D contains **233 items**

16 Items in both Kidney and Calcitriol categories (some believe that is the right form)

- Calcitriol (active Vitamin D) prevents and treats COVID (with Chronic Kidney Disease in this case) June 2022
- Fully-activated Vitamin D (Calcitriol) is produced inside and outside of the kidneys – July 2020
- Kidney patients who happened to be getting high-dose Calcitriol were 9X less likely to die of COVID-19 - April 6, 2021
- Chronic Kidney Disease (stage 3) slowed by 30 ng of Vitamin D and Calcitriol – Dec 2019
- Vitamin D for kidney disease – use native or active form – Jan 2016
- Kidney failure – still debating what form of vitamin D to use – April 2016
- Magnesium reduced calcitriol (active vitamin D) artery calcification in CKD by 50 percent – Oct 2015
- Not as much active vitamin D if poor kidney function and low vitamin D – March 2015
- Calcitriol (active Vitamin D) recommended after kidney transplant – March 2014
- Kidney disease helped by active or high dose Vitamin D - Feb 2014
- Chronic Kidney Disease study not aware of appropriate forms of vitamin D – March 2014
- Time-release form of active vitamin D granted a patent for chronic kidney disease – July 2014
- Omega 3 increases vitamin D in the blood – many studies
- Vitamin D3 vs serum D3 (Calcitriol, HyD) – Jan 2012
- Vitamin D3 becomes Calcidiol which becomes Calcitriol
- Overview Kidney and vitamin D

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