

Title: Effects of Vitamin D on Bone Health

Abstract:

Vitamin D is critical for bone health, aiding calcium absorption and bone mineralization. A study conducted on 200 patients showed that Vitamin D supplementation significantly improved bone density over 6 months. Participants who received 2000 IU of Vitamin D daily had a 20% increase in bone strength compared to the placebo group.

Intervention:

Daily Vitamin D supplements (2000 IU).

Outcome:

Increase in bone mineral density by 20% compared to baseline.

Participants:

200 patients aged 40-70 years with Vitamin D deficiency.