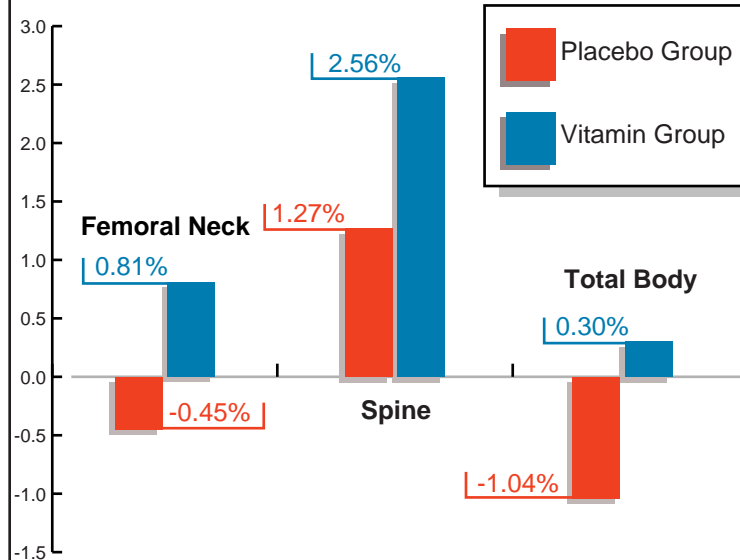


Vitamin D for the Elderly

A recent study of elderly men and women concluded that "dietary supplementation with calcium and vitamin D moderately reduced bone loss measured in the femoral neck, spine and total body."

% of Change in Bone Mineral Density After 3 years



Those taking vitamin D and calcium also experienced less than half as many nonvertebral fractures.

SOURCE: Dawson-Hughes SS, Krall EA, Dallal GE. Effect of calcium and vitamin D supplementation on bone density in men and women 65 years of age or older. *N Engl J Med* 1997; 337: 670-6.