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## Vitamin D Supplementation Shown to Improve Lower Limb Muscle Strength

A meta-analysis presented at the American College of Rheumatology's 2013 Annual Meeting showed Vitamin D supplementation to have a significant positive effect on lower limb muscle strength.

A team of researchers led by Charlotte Beaudart, PhD candidate at the University of Liege, looked at 19 randomized controlled studies dating back to 1966 to determine, if any, the effects of vitamin D supplementation on muscle strength.

The 19 studies featured 4,824 individuals with a mean age of 66. The results showed a net positive effect of vitamin D supplementation on global muscle strength with a standard mean difference of 0.096 and a standard mean difference on lower limb muscle strength of 0.169.

In an interview, Ms. Beaudart said the team chose to look at vitamin D supplementation for treatment of sarcopenia. "The results show us that at least 1,600 units a day is necessary to have this kind of result on muscle strength," she said.

### Reference

\* European Journal of Public Health, Vol. 23, Supplement 1, 2013

\*\* Interview available at <http://empr.com/vitamin-d-supplementation-increases-lower-limb-muscle-strength/article/31873>

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