VITAMIN D AND CALCIUM SUPPLEMENTATION TO PREVENT FRACTURES IN ADULTS
CLINICAL SUMMARY OF U.S. PREVENTIVE SERVICES TASK FORCE RECOMMENDATION

<table>
<thead>
<tr>
<th>Population</th>
<th>Men or premenopausal women</th>
<th>Community-dwelling postmenopausal women at doses of &gt;400 IU of vitamin D₃ and &gt;1,000 mg of calcium</th>
<th>Community-dwelling postmenopausal women at doses of ≤400 IU of vitamin D₃ and ≤1,000 mg of calcium</th>
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</thead>
<tbody>
<tr>
<td>Recommendation</td>
<td>No recommendation.</td>
<td>No recommendation.</td>
<td>Do not supplement.</td>
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<td>Grade: I statement</td>
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<td>Grade: D recommendation</td>
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Preventive Medications

Appropriate intake of vitamin D and calcium are essential to overall health. However, there is inadequate evidence to determine the effect of combined vitamin D and calcium supplementation on the incidence of fractures in men or premenopausal women.

There is adequate evidence that daily supplementation with 400 IU of vitamin D₃ and 1,000 mg of calcium has no effect on the incidence of fractures in postmenopausal women.

There is inadequate evidence regarding the effect of higher doses of combined vitamin D and calcium supplementation on fracture incidence in community-dwelling postmenopausal women.

Balance of Benefits and Harms

Evidence is lacking regarding the benefit of daily vitamin D and calcium supplementation for the primary prevention of fractures, and the balance of benefits and harms cannot be determined.

Evidence is lacking regarding the benefit of daily supplementation with >400 IU of vitamin D₃ and >1,000 mg of calcium for the primary prevention of fractures in postmenopausal women, and the balance of benefits and harms cannot be determined.

Daily supplementation with ≤400 IU of vitamin D₃ and ≤1,000 mg of calcium has no net benefit for the primary prevention of fractures.

Other Relevant USPSTF Recommendations

The USPSTF has made recommendations on screening for osteoporosis and vitamin D supplementation to prevent falls in community-dwelling older adults. These recommendations are available at [http://www.uspreventiveservicestaskforce.org/](http://www.uspreventiveservicestaskforce.org/).

For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to [http://www.uspreventiveservicestaskforce.org/](http://www.uspreventiveservicestaskforce.org/).