



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

<b>Population</b>	Men or premenopausal women	Community-dwelling postmenopausal women at doses of >400 IU of vitamin D <sub>3</sub> and >1,000 mg of calcium	Community-dwelling postmenopausal women at doses of ≤400 IU of vitamin D <sub>3</sub> and ≤1,000 mg of calcium
<b>Recommendation</b>	<b>No recommendation. Grade: I statement</b>	<b>No recommendation. Grade: I statement</b>	<b>Do not supplement. Grade: D recommendation</b>

<b>Preventive Medications</b>	<p>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.</p> <p>There is adequate evidence that daily supplementation with 400 IU of vitamin D<sub>3</sub> and 1,000 mg of calcium has no effect on the incidence of fractures in postmenopausal women.</p> <p>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.</p>		
<b>Balance of Benefits and Harms</b>	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 D <sub>3</sub> 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 D <sub>3</sub> and ≤1,000 mg of calcium has no net benefit for the primary prevention of fractures.
<b>Other Relevant USPSTF Recommendations</b>	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 <a href="http://www.uspreventiveservicestaskforce.org/">http://www.uspreventiveservicestaskforce.org/</a> .		

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/>.