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In a study conducted in 2007, researchers found that women taking a combination of calcium and vitamin D supplements had a 60 percent lower incidence of all cancers than women not taking the tested supplement.

CALCIUM, VITAMIN D, AND CANCER RISK

Research in the June 2007 issue of the American Journal of Clinical Nutrition has shown a reduction in cancer rates among postmenopausal women taking vitamin D combined with calcium.

This four-year, double blind, randomized placebo-controlled study involved over 1,100 postmenopausal women who were divided into three treatment groups. The first group received a supplement containing calcium and vitamin D, the second group received just calcium, and the third group received a placebo. The researchers found that the women taking the calcium and vitamin D supplement had a 60 percent lower incidence of all cancers than women not taking the supplement.

This new study takes an important step in extending several decades of research involving the role of vitamin D in health and disease. The results further strengthen the case made by many specialists that vitamin D may be a powerful cancer preventive and that it is commonly found lacking in the general population, particularly the elderly.

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