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Effect of Vitamin D Supplementation on Glycaemic Control in Adults with Type 2 Diabetes: A Randomised Controlled Trial

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Abstract
Background: Vitamin D deficiency is common in people with type 2 diabetes. Methods: We randomised 120 adults to vitamin D3 2000 IU daily or placebo for 24 weeks and measured HbA1c and fasting glucose. Results: HbA1c fell by 0.6% in the supplement group compared with 0.2% in the placebo group (p=0.03). Conclusion: Vitamin D supplementation modestly improved glycaemic control.

Keywords: vitamin D; type 2 diabetes; HbA1c; glycaemic control; randomised controlled trial

1. Introduction

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2. Methods

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