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SACN secretariat,
Scientific Advisory Committee on Nutrition
Public Health England
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Wednesday September 23rd 2015

Dear SACN,

I am writing to comment on the Draft Vitamin D and Health report, and have the following scientific comments to make:

1. There is a need to develop official standard method(s) of measuring levels of vitamin D to ensure better reproducibly / consistency between measurements (although recognising that any analytical test will have some variation between different analysis centres)
2. The maximum safe levels mentioned seem correct
3. The report recommends “that the serum 25(OH)D concentration of individuals in the UK should not fall below 25 nmol/L at any time of the year “ This is too low. There are a number of reasons why it should be higher:
 - a) People out in the sun such as life guards have levels higher than 250nmol/L [1]
 - b) It is unclear what the maximum level of vitamin D should be, but parathyroid levels have been reported to plateau ~78nmol/L [2]
 - c) Melanoma experts consider the range to be aimed for to be 60 to 85 nmol/L [3]
 - d) A clinical review in the BMJ advised that an adequate level of serum 25-hydroxyvitamin D is 50-75 nmol/L [4]
4. Consequently the recommended Reference Nutrient Intake of vitamin D is much too low and needs to be revised up if the health of the country is to be properly protected.

I look forward to reading the final report.

Yours sincerely

Stephen

Dr Stephen Collins, CChem MRSC

References

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- [3] S Fielda, J Daviesa, D. T Bishop and J A. Newton-Bishop, Vitamin D and melanoma, Dermato-Endocrinology, 5 (2013) 121-129
- [4] S H S Pearce and T D Cheetham, Diagnosis and management of vitamin D deficiency, BMJ 340 (2010) 142-147