



## Is vitamin D2 better than vitamin D3?

D2 vitamini D3 vitamininden daha iyi midir?

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Long-term vitamin D deficiency may lead to osteoporosis and muscle weakness, increasing the risk for osteoporotic fractures.

Most commonly used oral formulations of vitamin D are ergocalciferol (vitamin D<sub>2</sub>) and cholecalciferol (vitamin D<sub>3</sub>). Both are considered having equivalent clinical efficacy. Similarly, Holick et al.<sup>[1]</sup> suggested that vitamin D<sub>2</sub> was as effective as vitamin D<sub>3</sub> in maintaining 25-hydroxyvitamin D [25(OH)D] status.

However, there are several studies indicating that ergocalciferol is much less potent with a shorter duration of action than cholecalciferol.<sup>[2,3]</sup>

In a Cochrane Systematic Review and meta-analysis, the authors concluded that there was a valid evidence that elderly women living independently or in institutional care, particularly, might considerably benefit from vitamin D<sub>3</sub>.<sup>[4]</sup>

Another meta-analysis also indicated that vitamin D<sub>3</sub> was more efficacious at raising serum 25(OH)D

concentrations than is vitamin D<sub>2</sub> and thus vitamin D<sub>3</sub> could potentially become the preferred choice for supplementation.<sup>[5]</sup>

### REFERENCES

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