

VSSW- Effect of Vitamin D3 Supplementation on 25-hydroxyvitamin D Status in Saudi Women

Hanan Alharthi^{1*}

King Abdulaziz University, Saudi Arabia

Abstract

Effect of Vitamin D3 Supplementation on 25-hydroxyvitamin D Status in Saudi Women (VSSW): Health markers may be affected by a deficiency of vitamin D and can lead to many diseases if this deficiency continues for long period of time without any treatment. Vitamin D receptors exist in many tissues. More than 200 genes constitute the target for VDR activation which shows how important vitamin D is for health. Aims were to find out the percentage of vitamin D deficiency in these women, to compare the effect of using different supplementation doses (25000 IU/week and 50000 IU/week) on raising serum vitamin D to its optimum level in three months. Moreover, to evaluate the effect of these doses on improving health markers. All ninety eight females aged 18-54 years were given supplements of vitamin D3 for 3 months. Vitamin D was deficient in all participants (mean=12.51±SD=6.74) ng/ml. The study was performed on two groups: group which supplemented with 25000 IU/week (G25) and other with 50000 IU/week (G50).



Biography:

Hanan Alharthi has completed her Bachelor's degree from King Abdulaziz University, Faculty of Science, Department of Biochemistry, Saudi Arabia.

Speaker Publications:

1. "Association of HLA-DR-DQ alleles, haplotypes, and diplotypes with Type 1 diabetes in Saudis"
2. "HLA-DQ Genotypes Relative Risks For Celiac Disease in Arabs: A Case-Control Study"
3. "Genetic susceptibility for celiac disease is highly prevalent in the Saudi population"
4. "Genetic susceptibility for celiac disease is highly prevalent in the Saudi population"
5. "Association Between the Killer Cell Immunoglobulin-Like Receptor A Haplotype and Childhood Acute Lymphoblastic Leukemia"

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