Table 31c. Vitamin D and immunologic outcomes: Results of Infectious Disease RCTs-Continuous Outcomes (updated from original report)

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author Year  Study Name  [PMID]** | **Life Stage** | **Outcome** | **Followup Duration** | **Intervention** | **No. Analyzed** | **Final mean** | **Final**  **SD** | **Net Diff** | **Net Diff**  **95% CI** | **Study Quality** |
| **Radioreceptor assay** | | | | | | | | | | |
| Li-Ng 2009[150](#_ENREF_150) | 18-80 years | Duration of Upper Respiratory Tract | 12 wks | Vit D 2000IU/day | 78 | 5.4 | 4.8 | +1.0 | -1,2, 1.4 | B |
|  | Placebo | 70 | 5.3 | 3.1 | Reference |  |  |
| **Enzyme-linked Immunoabsorption Assay** | | | | | | | | | | |
| Laaksi 2010[151](#_ENREF_151) | 18-28 years | Days absent from duty | 6 mos | Vit D3 400 IU | 80 | 2.2 | 3.2 | -0.8 | -1.9, 0.3 | B |
|  | Placebo | 84 | 3.0 | 4.0 | Reference |  |  |