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

| **Author Year Study Name [PMID]** | **Life Stage** | **Outcome** | **Followup Duration (Time to Dx)** | **Vit D Measure** | **Intervention** | **No. of Events** | **No. in Category** | **Adjusted HR, OR, RR** | **95% CI** | **P for Trend** | **Study Quality** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Radioreceptor assay** |
| Li-Ng 2009[150](#_ENREF_150) | 18-80 years | Upper Respiratory Tract | 12 weeks | Vit D | 2000IU/day | 28 | 78 | OR 0.79 | 0.41, 1.54 | 0.61 | B |
|   |   | Placebo | 29 | 70 | 1 | **Reference** |   |   |
| **Radioimmunoassay** |
| Goldring 2013[161](#_ENREF_161) |  | wheeze ever | 3 yrs | Vit D | either 800 IU ergocalciferol daily or 200,000 IU calciferol (single dose) | 11 | 56 | OR 0.56 | 0.20, 1.57 | 0.27 | A |
| control | 14 | 50 | OR 1.00 | **Reference** |  |
| lower respiratory tract infection | either 800 IU ergocalciferol daily or 200,000 IU calciferol (single dose) | 14 | 54 | OR 1.00 | 0.35, 2.91 | 1 |
| **Chemiluminescence assay** |
| Manaseki-Holland 2012[149](#_ENREF_149) | infants aged 1-11 months | All Pneumonia First episode | NR | Vit D3  | 100,000IU | 260 | 1782 person years | IRR =1.065 | 0.895, 1.268 | 0.476 | A |
| Placebo | 2445 | 1782 person years |  1 | **Reference** |   |
| All Pneumonia repeat episode |  |  | 100,000IU | 138 | 2031 person years | IRR =1.685 | 1.282, 2.212 | <0.0001 |
|   |   |   | Placebo | 82 | 2027 person years | 1 | **Reference** |   |
| **Enzyme-linked immunoabsorption assay** |
| Laaksi 2010[151](#_ENREF_151) | 18-28 years | Self-reported common cold symptoms | 6 months | Vit D3 | 400 IU | 45 | 80 | OR 1.17 | 0.63, 2.16 | 0.619 |  |
|  | Placebo | Placebo | 44 | 84 | 1 | **Reference** |   | B |
|  |  | No days absent from duty | Vit D3 | 400 IU | 41 | 80 | 1.89 | 1.01, 3.54 | 0.045 |  |
|   |   | Placebo | Placebo | 30 | 84 | 1 | **Reference** |   |   |
| **HPLC Tandem Mass Spectrometry**  |
| Murdoch 2012[152](#_ENREF_152)VIDARIS | 18 yrs & older | No. of URTs per person\* | 18 months | Vit D3 & Placebo | 100,000IU | 3.7 | 161 | RR =0.97 | 0.85,1.11 | 0.65 | A |
| Placebo | 3.7 | 161 |  1 | **Reference** |   |
|  | No. of days if missed work per episode |  |  | 100,000IU | 0.76 | 161 | RR 1.03 | 0.81, 1.30 | 0.82 |
|  |  |  | Placebo | 0.76 | 161 | RR 1 | **Reference** |   |
|  |  | Duration of symptoms |  |  | 100,000IU | 12 | 161 | RR 0.96 | 0.73, 1.25 | 0.76 |
|   |   |   |   | Placebo | 12 | 161 | RR 1 | **Reference** |   |
|  |  |  |  | control | 11 | 50 | OR 1.00 | **Reference** |  |

\*Included in Table 31d (dichotomous outcomes) because differences reported as relative risks