Winter and summer vitamin D in students at a northern university

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Abstract. We measured serum 25-hydroxyvitamin D (25(OH)D) in university students in February. Most students were below 50 nmol/L. Detailed results are given in the supplementary material.

Methods

Students who visited the student health service for any reason in February 2019 were invited. Serum 25(OH)D was measured by LC-MS/MS. The number of participants, means and standard deviations are given in Supplementary Table S1.

Results and discussion

Most students were below 50 nmol/L, and students born outside the Nordic countries had lower values than other students (Supplementary Table S1). A winter supplement should be recommended.

Synthetic example for the course Introduction to agentic AI. Not a real study; authors, places and numbers are invented.