Vitamin D supplementation and body weight status: a systematic review and meta-analysis of randomized controlled trials

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Record Status
This is a systematic review that meets the criteria for inclusion on DARE.

Bibliographic details

PubMedID
24528624

DOI
10.1111/obr.12162

Indexing Status
Subject indexing assigned by NLM

MeSH
Adiposity; Age Factors; Aged; Body Composition /drug effects; Body Mass Index; Body Weight; Dietary Supplements; Female; Humans; Male; Middle Aged; Placebos; Randomized Controlled Trials as Topic; Sex Factors; Vitamin D /administration & dosage

AccessionNumber
12014015240

Date bibliographic record published
01/04/2014