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Vitamin D and fractures

Ian R Reid

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Vitamin D was identified in the 1920s as the active principal in cod liver oil's capacity to cure nutritional rickets. Since then, vitamin D has been regarded as a bone tonic by some; although, the prevention and cure of rickets and osteomalacia remain the only undisputed medical use of vitamin D. Also undisputed is that 1,25-dihydroxyvitamin D, a metabolite of vitamin D, is a potent regulator of intestinal calcium absorption, and that this is the principal mechanism for its role in the aetiology and treatment of osteomalacia.

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