

Evaluating Response to Vitamin D3 and K2 Supplementation in Healthcare Personnel

NCT07199829

Status	RECRUITING
Phase	Not Applicable
Sponsor	Madigan Army Medical Center
Enrollment	96 participants

Key Eligibility Criteria

Inclusion (5)

- able to read and understand English
- OHD serum level equal to or less than 30 ng/mL
- willing to discontinue vitamin D3 and/or K2 supplements for 4.5 months
- military beneficiary (Active Duty, Retired, Dependent)
- remaining employed at workplace for 6 months

Exclusion (6)

- Diagnosed medical condition that prevents nutrient absorption from food (e.g. Inflammatory Bowel Disease, Celiac Disease, post-Roux-en-Y/Gastric sleeve surgery)
- Pregnant or breastfeeding
- Current antibiotic use or within past 3 months
- Current anticoagulant use or within past 3 months
- Current weight loss or fat malabsorption medication use (e.g. Glucagon-Like Peptide 1 agonists, Orlistat)
- ... and 1 more (see full listing online)

Locations (1 total)

Madigan Army Medical Center, Tacoma, Washington, United States