

A Household-Based Dietary Intervention Study of Vitamin D Fortified Bread in Irish Families

NCT07481240

Status	RECRUITING
Phase	Not Applicable
Sponsor	University College Cork
Enrollment	390 participants

Key Eligibility Criteria

Inclusion (5)

- Provide written informed consent if over 16 years; informed parental consent for children under-16 years, plus age-appropriate assent for children under-16 years.
- Be a household with at least one adult ≥18 years, with at least one dependent aged 5 years or older.
- Willing to consume bread provided and have storage capacity for frozen bread.
- Be in good general health.
- Be willing to follow the assigned diet for 8 weeks and attend the required appointments.

Exclusion (8)

- Daily consumption of a vitamin D supplement with a dose exceeding $>10\mu\text{g/d}$ (400 IU) equivalent.
 - Exposure to factors that may influence vitamin D status, such as winter sun holiday, ski holiday, tanning beds etc.
 - Are following a medically prescribed diet.
 - Have a diagnosis of a medical condition that may interfere with vitamin D absorption, such as Coeliac disease, Inflammatory Bowel Disease, cystic fibrosis, or metabolism, such as liver disease, renal disease.
 - Have a history of active cancer or a diagnosis of cancer within the past 5 years.
- ... and 3 more (see full listing online)

Locations (2 total)

Human Nutrition Studies Unit, School of Food and Nutritional Sciences, Cork, Co. Cork, Ireland
UCD Institute of Food and Health, Dublin, Ireland