VINE STUDY: Vitamin D in newborns. A randomised controlled trial comparing daily and single oral bolus vitamin D in infants

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Corresponding author: Julie Huynh*
Division of women's and child health
Sunshine Hospital
176 Furlong Rd
St Albans 3021
Australia
tel + 61 (03) 8345 1333 mob +61 0403 533 663
email: Julie.Huynh@health.nsw.gov.au OR h.jools@gmail.com

Co authors:

- Thao Lu
  Division of women's and child health
  Sunshine Hospital
  176 Furlong Rd
  St Albans 3021
  Australia
  Thao.lu@wh.org.au

- Danny Liew**
  Epicentre
  University of Melbourne and Royal Melbourne Hospital
  Grattan St
  Parkville 3052
  Australia
  Danny.Liew@mh.org.au

- James Doery
  University of Monash
  Monash Medical Centre
  246 Clayton Rd
  Clayton 3168
  Australia
  James.Doery@monashhealth.org

- Ronald Tudball
  Department of Pathology
  Monash Medical centre

Asterisks represents change in employment details from the time when study was taking place.

*Sydney Children's Hospital, High St Randwick 2031 NSW
** Monash Medical Centre, Clayton Rd, Clayton, Victoria

246 Clayton Rd
Clayton 3168
Australia
Ronald.Tudball@monashhealth.org

- Madeleine Jona
  Sunshine Hospital
  176 Furlong Rd
  St Albans 3021
  Australia
  Madeleine.Jona@wh.org.au

- Roisin Bhamjee**
  Sunshine Hospital
  176 Furlong Rd
  St Albans 3021
  Australia
  Roisin.Bhamjee@wh.org.au

- Christine Rodda
  Northwest Academic Centre
  The University of Melbourne
  Western Health, Sunshine Hospital
  176 Furlong Rd
  St Albans 3021
  Australia
  Christine.Rodda@unimelb.edu.au

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*Sydney Children's Hospital, High St Randwick 2031 NSW
** Monash Medical Centre, Clayton Rd, Clayton, Victoria

VINE study: Vitamin D in newborns. A randomised controlled trial comparing daily and single oral bolus vitamin D in infants

Huynh. J[1], Lu. T[1], Liew. D[3], Doery. JCG[4,5], Tudball. R[4], Jona. M[1], Bhamjee. R[1], Rodda. C.P.[1,2]

[1]Women's and Children's Division, Sunshine Hospital. St Albans, Australia [2]Department of Paediatrics, University of Melbourne. Royal Children's Hospital, Parkville and Monash University, Monash Medical Centre Clayton, Australia [3]Melbourne Epicentre, University of Melbourne and Melbourne Health, Royal Melbourne Hospital, Parkville, Australia [4]Monash Pathology, Monash Health, Clayton. Australia [5]Department of Medicine, Monash University, Clayton, Australia

J.H (B.Biomed Sci, MBBS), T.L (FRACP), D.L (FRACP, PhD), J.D (MD, MAACB, FRCPA), R.T (B. Agr Sci), M.J (MBBS), R.B (MBBS), C.R (FRACP, PhD)

ABSTRACT

Aim: There are no published data to demonstrate the efficacy of bolus dose vitamin D in newborn infants. The study sought to evaluate this alternative approach of supplementation.

Methods: This single centre, open randomised controlled trial was conducted from Aug 2013 to May 2014. It compared efficacy and safety of daily (400 IU) versus a high bolus dose (50, 000IU) of cholecalciferol in newborn infants of vitamin D deficient mothers. The primary outcome measure was rates of 25 hydroxyvitamin D (25OHD) repletion-defined as 25OHD greater than 50nmol/L. The secondary objective was determining safety using adjusted total serum calcium.

Results: Of 70 eligible infants, 36 received a daily dose and 34 received a single high dose cholecalciferol. Mean 25OHD in the bolus group (154nmol/L, 95%CI 131 to 177) was higher than the daily group (48nmol/L, 95%CI 42 to 54) at 1-2 weeks of age. This was reversed at 3-4 months, (65nmol/L, 95%CI 59 to 71) compared to the daily group (81nmol/L, 95%CI 77 to 85). More infants in the single bolus group achieved vitamin D repletion (100% vs 31%) at 1-2 weeks. By 3-4 months, both groups achieved similar vitamin D repletion rates (91% vs 89%). Mean adjusted total serum calcium in the bolus group were normal at 1-2 weeks (2.73mmol/L) and 3-4 months (2.55mmol/L).

Conclusion: Single bolus dosing of 50,000IU cholecalciferol achieves higher 25OHD repletion rates at 1-2 weeks of age compared to daily dosing, but repletion rates were similar by 3-4 months. There was no hypercalcaemia documented with single bolus dosing in this study.

What is already known on this topic

- Infants of vitamin D deficient mothers are also vitamin D deficient from birth.
- Daily vitamin D supplementation is universally recommended for at risk newborn infants in the first year of life.
- Daily supplementation is associated with high rates of non-adherence.

What this study adds

- A single bolus dose (50,000IU) cholecalciferol, achieves better repletion rates earlier but is of similar efficacy by four months of age
- A single bolus dose of (50,000IU) cholecalciferol is another practical alternative for infants aged less than four months
- This raises the possibility of administering ongojng 3-4 monthly bolus doses throughout the first 12 months of life in exclusively breastfed babies.

INTRODUCTION

Vitamin D deficiency can lead to hypocalcaemic seizures, rickets and gross motor delay during infancy and early childhood[1-4]. Rickets is one of the most common non-communicable diseases in children in the developing world, and has been on the rise in industrialised countries[5]. Associations between vitamin D deficiency, the development of Type I diabetes , multiple sclerosis , the onset of childhood allergies , and respiratory tract infections, have also been proposed [6,7].

As fetal vitamin D stores are entirely dependent on maternal vitamin D status, newborns of vitamin D deficient mothers are at risk. There are reports that up to 25% of 'low risk' pregnant women are vitamin D deficient (<50nmol/l). One in 13 of these women had 25OHD <25nmol/L which are likely to pose significant risks to their newborn infants[8]. Maternal vitamin D deficiency during pregnancy is associated with impaired lung development and neurocognitive difficulties in children[9]. An additional risk factor for vitamin D deficiency in infants is exclusive prolonged breastfeeding. Human milk is a relatively poor source of vitamin D which even from replete women has a vitamin D concentration of only 25IU per litre[10]. Many commercial infant formulae contain up to 400IU vitamin D per litre, which provides the recommended daily intake if an infant were to consume 1000ml per day [11,12].

It is recommended that exclusively breastfed infants with at least one other risk factor for low vitamin D should be supplemented with 400IU daily for at least the first year of life[12,13]. However, non-adherence with daily supplementation is as high as 45%[14]. Consequently single bolus dosing has been used as an alternative treatment regimen. Whilst this approach has shown to be safe and effective in treating vitamin D deficiency in older children and adolescents[15,16] it has not been studied in infants less than 6 months of age. The aim of this study was to compare the efficacy and safety of the single bolus dose of vitamin D with the standard of care, daily vitamin D 400IU in newborn infants.

METHODS

TRIAL DESIGN

We conducted a single centre, open-label randomised clinical trial of 70 healthy term infants who were assigned at birth to receive a daily dose of 400IU or a single dose of 50,000 IU of cholecalciferol. The 50,000IU dose was calculated as the equivalent of 400IU multiplied by 120 days (4 month period). The study was undertaken during Aug 2013 – May 2014 at Sunshine Hospital, St. Albans, an outer metropolitan health service located at a latitude of 38°S within Greater Melbourne, Australia.

STUDY OVERSIGHT

Ethics approval (HREC 33044B) was obtained from Human Research and Ethics Committees at the Royal Children's Hospital, Melbourne. In cases where prior written consent could not be obtained, provision was made for verbal consent from the parent/guardian followed by delayed written consent. The study was registered with the Australia and New Zealand Clinical Trials Registry in 2013 (ACTRN12613001234707). The full trial protocol can be accessed from the Western Health Centre for Research and Education, Sunshine Hospital, St Albans, Australia. Serious adverse outcomes were reported to the ethics committee at the Royal Children's Hospital and the Western Centre for Health Research and Education.

POPULATION

Pregnant women with vitamin D deficiency were identified using centralised hospital electronic records (Birthing Outcomes Systems-BOS) (Andrew Hinterreiter Management Consultant & Technology Services Pty Ltd (MCATS) 1988). Women who had 25OHD concentrations less than 50nmol/L were screened at their first antenatal visit (8-12 weeks gestation). One month into the study, due to the small numbers of women identified, a study amendment was made to the protocol to increase the 25OHD threshold to less than 75nmol/L. This criterion is consistent with the Royal Australian and New Zealand College of Obstetrics and Gynaecology (RANZCOG) definition of vitamin D insufficiency at which pregnant women would receive supplementation. Positively-screened women who were

subsequently found to be vitamin D deficient (25OHD less than 50nmol/L) at more than 34 weeks gestation and who had the intention to exclusively breastfeed were recruited. Women who did not have a documented initial vitamin D concentration but had 25OHD less than 50nmol/L at more than 34 weeks gestation were also included. Infants were enrolled and randomised at birth if they met the following eligibility criteria: (1) born at 37 – 42 weeks gestation; (2) singleton pregnancy; and (3) birth weight appropriate for gestational age according to standardised Centre for Disease Control growth charts[17]. Exclusion criteria were: (1) illicit drug use during pregnancy; (2) infants requiring resuscitation for more than 10 minutes at birth; (3) pre-existing maternal conditions such as Type 1 and 2 diabetes mellitus, parathyroid disease, uncontrolled thyroid disease, and systemic glucocorticoid/anti-inflammatory or cytotoxic use; (4) major congenital anomalies and (5) subcutaneous fat necrosis in the newborn.

RANDOMISATION

Randomisation (in random blocks of 2, 4 and 6) was undertaken in a blinded manner. Babies of eligible mothers were randomised at birth using a computer-generated schedule. The allocated treatment arm was kept inside opaque, sealed envelopes, which were numbered sequentially and opened, in numerical order by the study recruiters.

STUDY TREATMENTS

Standard care (the comparator) comprised 400IU cholecalciferol given in the form of 0.45ml Pentavite® Infant (Bayer Consumer Care, Pymble, NSW Australia) drops (multivitamin containing vitamin D) daily. The intervention comprised 50,000IU cholecalciferol in the form of 0.5 ml pure vitamin D_3 powder (PCCA, Houston, Texas USA) dissolved in olive oil (100,000 IU/ml solution) (Advanced pharmaceuticals, West Perth, Australia) made and dispensed by the hospital pharmacy. Both treatments were given orally, the first dose within 48hrs of birth. Parents/carers were shown how to draw up and administer 0.45ml Pentavite. All single doses of 50,000iu were administered under supervision of midwifery staff, before discharge home.

ENDPOINTS

The primary outcomes were the proportion of infants who were vitamin D replete (25OHD greater than 50 nmol/L). Secondary outcomes were hypercalcaemia, rates of craniotabes, widened epiphyses, rachitic rosary, limb deformities, widened anterior fontanelle and growth and self reported adherence.

STUDY PROCEDURES

Cord blood was obtained at birth. Venous samples using hand tourniquet were taken from newborn infants. Serum samples underwent batched biochemical analysis at the completion of the last recruited patient. There were no interim analyses.

Information on mode of feeding, hospitalisations, vomiting, abdominal pain and growth parameters were collected using standardised case report forms at the 1-2 week and 3-4 month follow up.

Maternal 25OHD were measured by chemiluminescent immuno-assay (LIAISON Diasorin 25OHD Assay Stillwater Minnesota, USA). 25OHD concentrations in infants were measured by liquid chromatography/tandem mass spectrometry (Shimadzu Nexera UHPLC LC30AD (Canby, Oregon, USA)) connected to AbSciex 5500 MS/MS Qtrap (Foster City, California USA). Functional sensitivity was 5nmol/L. Interassay precision using this technique was 5.71% at 32nmol/L and 2.61% at 102nmol/L for 25OHD.

Total calcium and albumin were measured by routine laboratory methods on a Beckman Coulter UniCel DxC 800, Synchron Clinical System (Breakwater, California, USA). Interassay precision for calcium was 3.86% at 2.05mmol/L, and for albumin 1.07% at 27g/L. Where 25OHD values were below the detection limit for the assay, the upper limit of the result was used for data analysis, e.g < 5nmol/L = 5nmol/L. Albumin adjusted serum calcium concentrations utilized the following formula: Adjusted Ca = total Ca + 0.02(40-albumin)

STATISTICAL ANALYSIS

We calculated that a sample size of 56 would provide 90% power, with a 2-sided alpha level of 0.05, to detect a 40% difference in proportions of vitamin D repletion between the two groups. This is based on reports that 40% of infants prescribed a daily dose of vitamin D were poorly adherent[18]. We therefore assumed that they would have suboptimal vitamin D levels. The single bolus group would achieve repletion rates of 90% and the daily group 50%.

Statistical analyses were undertaken by the trial statistician who was blinded to treatment allocation, using IBM SPSS Statistics v20 (SPSS Inc, Chicago, IL, USA). All pre-determined analyses were performed according to intention to treat principle.

RESULTS

Study patients

Of 276 women who were vitamin D insufficient (25OHD less than 75nmol/L) on initial antenatal screen, 145 were considered eligible. The 72 who had 25OHD levels greater than 50 nmol/L at more than 34 weeks gestation were subsequently excluded. Fifty-nine women did not have vitamin D concentrations assayed at more than 34 weeks gestation. The remainder did not have the intention to breastfeed, met exclusion criteria, or were 'missed' opportunities and not been recruited at birth (Figure 1). Seventy women of various ethnicities (see supplementary Table 1b) were recruited at birth. Thirteen of these women did not have documented 25OHD concentrations at the first antenatal visit but had vitamin D deficiency at greater than 34 weeks gestation. Thirty-six babies were randomised to the daily dosing and 34 to the single bolus dose.

Vitamin D

Maternal 25OHD at more than 34 weeks gestation were in the mild to severely deficient range (<12.5nmol/L to 49nmol/L). Cord 25OHD were similar to maternal concentrations (daily group 32 nmol/L vs single bolus group 33 nmol/L) (Table 1).

At 1-2 weeks, mean 25OHD concentrations were higher (154nmol/L, 95%CI 131 to 177) in the single bolus compared to the daily group (48nmol/L, 95%CI 42 to 54) (p<0.001) (figure 2). The reverse was seen at 3-4 months, where mean 25OHD were lower in the bolus (65nmol/L, 95%CI 59 to 71) compared to the daily group (81nmol/L, 95%CI 77 to 85) (p=0.008). At 1-2 weeks all (100%) newborn infants receiving single high bolus dose were vitamin D replete compared to (31%) in the daily group (RR 2.8, 95%CI 1.7 to 4.6, p<0.001). Similar repletion rates were achieved in both groups by 4 months. (daily 91% vs bolus 89%) (RR 0.97, 95%CI 0.80 to 1.2, p=0.78) (Table 2).

Two newborn infants in the bolus group had elevated 25OHD greater than 250nmol/L, (277nmol/L and 310nmol/L) at 1-2 weeks. No infant had 25OHD greater than 250nmol/L at 3-4 months.

Adjusted calcium

Adjusted serum calcium concentrations at 1-2 weeks was statistically different between groups. The bolus group achieved lower mean adjusted serum calcium (2.73 mmol/L) compared to the daily group (2.81 mmol/L) (p=0.005) (Table 2). The highest adjusted serum calcium in the daily group was 3.06 mmol/L compared to 2.93 mmol/L in the bolus group.

At 3-4 months, mean adjusted serum calcium concentrations were similar between the groups (daily 2.58 mmol/L vs bolus 2.55 mmol/L) (p=0.24). Adjusted serum calcium in the bolus group ranged from (2.41-2.70) and (2.49-2.84) in the daily group. All serum calcium concentrations measured were within the normal, age appropriate reference interval.

Clinical parameters

At birth, 3 babies in the daily group and 4 babies in the bolus group had clinical signs of vitamin D deficiency; craniotabes and widened anterior fontanelle (p=0.70). By 3-4 months, craniotabes had resolved in all babies. One in each group had widened anterior fontanelle. No babies were identified with rachitic rosary, widened epiphyses or limb deformities.

Only 3 newborns (1 daily, 2 bolus) at 1-2 weeks, and 4 newborn infants (1 daily, 3 bolus) at 3-4 months reported infrequent vomiting. There were three adverse events, presumed to be unrelated, during the course of the study. Two infants required phototherapy for neonatal jaundice. Another was admitted on three occasions during the first month of life for investigation and management of presumed sepsis, laryngospasm and poor feeding.

Adherence

Reported adherence at the 3-4 month follow up visit was poor with only 8 (31%) babies reporting daily adherence. Seven (27%) reported missing 'days', 5 (19%) reported missing 'weeks' and 5 (15%) reported missing months. Our accountability log where final reconciliation is not included as there was a poor rate of return (15/32) and reported spillage of Pentavite.

Mode of feeding

Exclusive breastfeeding rates in both groups dropped significantly by 3-4 months. Seven (29%) in the daily group and 12 (44%) in the bolus group were exclusively breastfed. The rates of mixed feeding were 12 (46%) in the daily group and 6 (22%) in the bolus group. The rates of exclusive formula feeding were 5 (19%) in the daily group and 8 (29%) in the bolus group. There were no significant differences between the modes of feeding (p = 0.139).

DISCUSSION

To our knowledge, this is the first randomised controlled trial to compare the alternative treatment regimen (50,000IU) to the standard daily dose in newborn infants. A single bolus dose achieved higher 25OHD at 1-2 weeks, but the reverse was seen at 3-4 months of age. Vitamin D repletion rates were higher by 65% in the single bolus group. Infants in this group were 3 times more likely to be vitamin D replete by two weeks. By four months, repletion rates were in excess of 88% in both groups. Two newborn infants who received single oral bolus dosing had elevated 25OHD greater than 250nmol/L at 1-2 weeks but none had vitamin D toxicity (defined as greater than 350nmol/L). We propose that this may reflect the metabolic pathway of vitamin D inactivation. Following production in the skin from UVB light, or oral ingestion, vitamin D undergoes a series of hydroxylation processes, to form 25OHD (the form measured in vitamin D assays to assess vitamin D status) and then to the biologically active form of 1,25 $(OH)_2D$. Both 25OHD and 1,25$(OH)_2D$ are inactivated by 24 hydroxylase to form 24,25 $(OH)_2D$ and 1,24,25 $(OH)_3D$ respectively. Our hypothesis is that when this system is exposed to a high dose of vitamin D, metabolism to its inactive form is upregulated. This may be an explanation for the substantial decline in 25OHD seen from 1-2 weeks to 4 months with bolus dosing. Confirmation of this would require quantifying 1,25OHD and 24,25OHD via mass spectrometry, which was not practically feasible for this study.

There was no evidence of clinically significant hypercalcaemia in the single bolus group at either time-point. More importantly, despite half to one third of newborn infants going on to have mixed or exclusive formula feeding (an additional source of vitamin D), none of them had hypercalcaemia at 3-4 months of age. At 1-2 weeks adjusted serum calcium concentrations were statistically higher in the daily group, however this was unlikely to be clinically significant as both were within the normal age-appropriate reference range. Seven newborn infants in the daily group, and two newborn infants in the bolus had elevated adjusted serum calcium concentrations of greater than 2.85mmol/L at 1-2 weeks. Only one of these newborn infants (bolus group) had a 25OHD level greater than 250nmol/L (319nmol/L) coinciding with a hypercalcaemia (2.88mmol/L). These are unlikely to be due to haemolysis as free flowing samples were taken by venepuncture. It is well recognised that the first few weeks of life is a time of significant hormonal changes in calcium homeostasis as parathyroid hormone secretion increases and parathyroid hormone related protein decreases[19,20]. This is likely to be the underlying cause of greater variation in adjusted serum calcium concentrations at this time. Whilst there are a few case reports of severe hypercalcaemia in grossly excessive (300,000 IU) vitamin D overdose[21-23], cholecalciferol doses used in these studies far exceeded those in our own study. Excessive daily dosing such as 1600IU vitamin D given to breastfed infants of vitamin D deficient mothers[24] can also cause elevated 25OHD greater than 250nmol/L.

This study was conducted in an ethnically diverse region in Melbourne, Australia, over winter 2013 to autumn 2014. Seasonal effects were not addressed as the study was only conducted between August and May. Regular sun exposure is not recommended in infants due to long term risk of developing skin malignancies[12] and is typically minimal in this cohort. We did not document sun exposure. We consider that this is not a significant confounding factor for vitamin D status in this age group. This is a small study with a moderate drop out rate (~25%). Due to funding limitations we were unable to recruit larger numbers to compensate for the moderate drop out. In a substantial proportion of infants up to one year of age 25OHD can exist as C_3 epimer. We acknowledge recommendations that the levels of epimer should be determined to allow for differentiated assessment of vitamin D status, however our mass spectrometry techniques were not available for epimer assays at the time of the study. Adherence rates with daily dosing were lower (33%) than that previously reported in Swiss infants[18]. Reliance on parents/carers giving accurate doses of small volumes (0.45ml Pentavite®), and supervision of the single bolus dose given in hospital could be potential

factors in poor adherence and influence the outcome. However the marked difference (3 fold) in 25 OH vit D concentrations at 1-2 weeks is unlikely to be explained completely by these factors. Most poorly adherent infants were on mixed formula/breast feeding regimens (9/12) and consequently received some vitamin D in their formula feeds. The Vitamin D supplement is unhydroxylated so is not measured in the assay used. Mixed or formula feeding and the effect of possibly taking some Vitamin D supplements several days prior to the 3-4 month blood test may explain why daily Vit D levels were increasing despite a 33% non adherence rate.

The strength of this study is the biochemical analysis of vitamin D using tandem mass spectrometry. Previous studies have shown marked variability in serum 25OHD measurements between laboratories[25-27]. Assay variation confounds the diagnosis of hypovitaminosis D. This has led to the adoption of tandem mass spectrometry, as the "gold standard" for measuring serum 25OHD [28]. Previous studies using vitamin D radioimmunoassay or chemiluminescent assay reported cord 25OHD concentrations at 65% of maternal levels[29], however cord 25OHD concentrations measured by LC-MS in this study were remarkably comparable to maternal vitamin D, measured by chemiluminescent immuno-assay.

CONCLUSION

This study shows that a single bolus dose of cholecalciferol is a safe and effective alternative to daily vitamin D dosing for healthy breastfed newborn infants of vitamin D deficient mothers. Larger, multicentered randomised clinical trials are required to support our findings, however this study raises the question of whether ongoing single bolus dosing of cholecalciferol could be used four monthly to aged twelve months, as a vitamin D supplementation regimen in exclusively breastfed infants.

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CONTRIBUTORS

All authors contributed to the conception of the work. JH, TL, CR and DL developed the study design. DL was the trial statistician and performed the data analysis. JD and RT validated the biochemical methods and performed their analysis. JH, MJ and RB were study recruiters, collected data and performed blood collection. JH completed the manuscript and all authors contributed to subsequent interpretation and drafting of the manuscript. All authors have given final approval of the version to be published and agree to be accountable for all aspects of the work.

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Table 1: Maternal and neonatal baseline characteristics

Maternal	**Daily Vitamin D (N = 36)**	**Bolus Vitamin D (N = 34)**
Age (yrs) - mean [s.d]	27 [4.2]	27 [5.3]
Median {IQR}	27 {5.4}	27 {6.3}
BMI – mean [s.d]	28 [7.4]	30 [8.2]
Smoking status - no. (%)		
Yes	3 (8.6)	6 (17.6)
No	32 (91.4)	28 (82.3)
Skin pigment - no. (%)		
light-olive	18 (50)	17 (50)
Dark	18 (50)	17 (50)
Veiled – no. (%)	2 (5)	2 (6)
1st 25OHD (nmol/L) – mean [s.d]	41 [16.4]	37 [14.9]
median {IQR}	43 {23}	38 {23}
Gestation (wks) - mean [s.d]	24 [5.5]	25[5.0]
median {IQR}	26 {7.6}	26 {4.3}
Vit D Supplementation - no. (%)		
Yes	33 (91.7)	29 (85.3)
No	1 (2.8)	3 (8.8)
Unknown	2 (5.6)	2 (5.9)
2nd 25OHD (nmol/L) – mean [s.d]	34 [11.9]	29 [14.5]
median {IQR}	35 {20}	31{27}
Gestation (wks) – mean [s.d]	36 [1.4]	36 [1.5]
median {IQR}	36 {1.15}	36 {1.15}
Newborn Infant	**Daily Vitamin D (N = 36)**	**Bolus Vitamin D (N = 34)**
Gestation at birth (wks)		
mean [s.d]	39 [1.1]	39 [1.2]
median {IQR}	40 {1.2}	39 {1.3}
Growth parameters - mean [s.d]		
weight (g)	3541 [392]	3468 [536]
HC (cm)	35 [1.4]	34 [1.9]
Length (cm)	51 [1.6]	50 [2.3]
Mode of delivery no. (%)		
Normal vaginal	23 (63.9)	21 (61.8)
Instrumental	6 (16.7)	4 (11.8)
Caesareansection	7 (19.4)	9 (26.5)
Apgar scores - median {IQR}		
1min	9{1}	9 {1}
5 min	9 {0}	9 {0}
Resuscitation no. (%)		
Nil	33 (91.7)	28 (82.4)
<10mins	3 (8.3)	6 (17.6)
Cord Blood	N = 33	N = 29
Vit D_3 (nmol/L) – mean [s.d]	32[13.6]	33 [19.3]
Vit D_2 (nmol/L) – mean [s.d]	1.1 [0.8]	0.6 [0.6]
Corrected Ca (mmol/L) – mean [s.d]	2.72 [0.1]	2.76 [0.2]

[s.d] = standard deviation ( ) = % or proportions {IQR} = interquartile range.Ca = calcium. BMI denotes body mass index. There were no statistically significant ($p<0.05$) results.

Table 2: Vitamin D repletion status and corrected calcium

	Daily Vit D	Bolus Vit D	p value
1-2 weeks	(N=31)	(N=31)	
Age (days) – mean [s.d]	8[1.3]	8 [1.8]	0.72
weight (g) - mean [s.d]	3510 [363]	3497 [548]	0.79
head circumference (cm) - mean	35.7 [1.4]	35.5 [1.6]	0.67
Vit D status - no. (%)			
replete (>50nmol/L)	10/28 (35.7)	27/27 (100)	<0.001*
Corrected calcium (mmol/L) – mean[s.d]	2.81 [0.1]	2.73 [0.07]	0.005*
3-4 months	(N=23)	(N=26)	
Age (months) - mean [s.d]	3.8 [0.4]	3.9 [0.3]	0.39
weight (g) – mean [s.d]	6963 [732]	6534 [905]	0.08
HC (cm) – mean [s.d]	41.2 [1.4]	41.3 [1.6]	0.91
length (cm) – mean [s.d]	63.8 [2.2]	61.7 [2.6]	0.64
Vit D status - no. (%)			
replete (>50nmol/L)	20/22 (90.9)	23/26 (88.5)	0.78
Corrected calcium (mmol/L) – mean[s.d]	2.58 [0.08]	2.56 [0.07]	0.36

[s.d] = standard deviation ( ) = % or proportions HC = head circumference

SUPPLEMENTARY MATERIAL

Table 1b: Ethnicity of pregnant women

Ethnicity	Region	No.
Indian (13) Pakistani (3) Sri Lankan (1)	Subcontinent	17
Turkish (1) Greek (2) Lebanese (5) Bosnian (1) Albanian (4) Croatian (1)	Europe	14
Caucasian (13)	Australasia	13
Chinese (1) Vietnamese (4) Fillipino (4) Burmese (2) Malaysian (1)	Asia	12
Sudanese (5) Somalian (2) Liberian (1) Zimbabwean (1)	Africa	9
Maori (1) Tongan (1) Samoan (3)	Pacific Islands	5
TOTAL		70

Table 2b: Data for figure 2: 25 Hydroxy Vitamin D concentrations at different time-points

	Daily	Bolus	Stdev(daily)	Stdev(bolus)	Sterror(daily)	Sterror(bolus)	95%CI(daily)	95%CI(bolus)
CORD	32.27	32.91	13.6	19.3	2.37	3.57	27.2	38.6
1-2 weeks	48.37	154.41	15.4	61.5	2.91	11.84	30.8	123
3-4 months	81.29	61.9	19	15.7	4.1	3.3	38	31.4

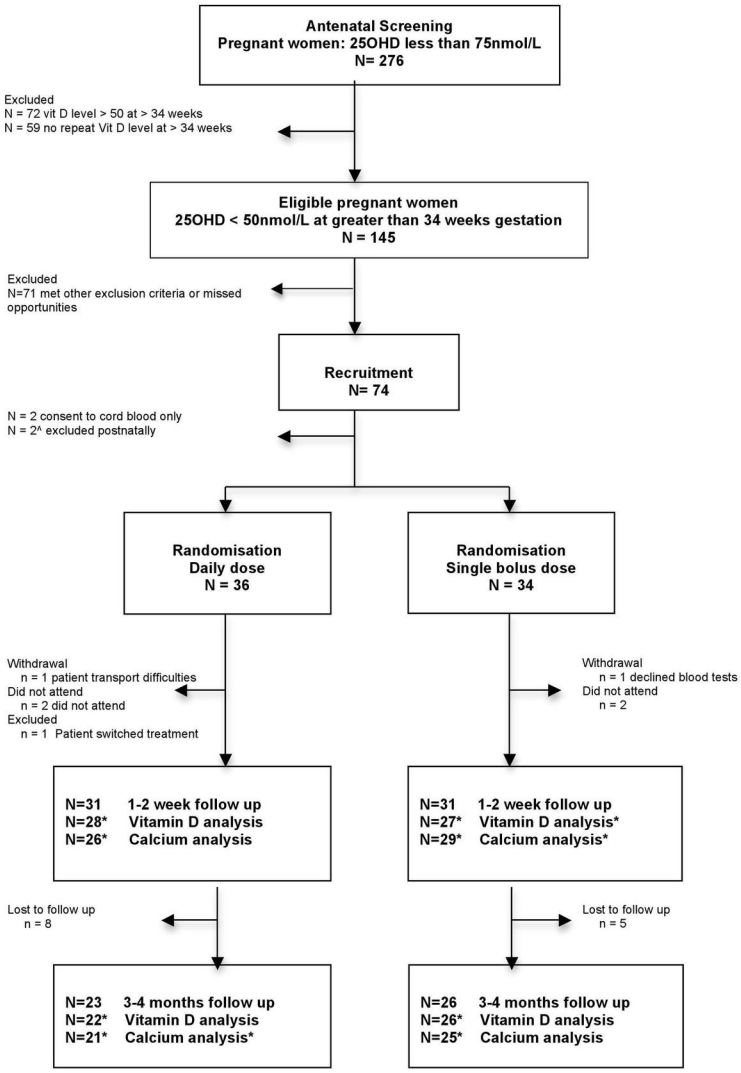

Figure 1. Screening, randomisation and follow up.

- * Insufficient serum sample
- ^ fetal arrhythmia and decision to formula feed from birth
- Lost to follow up: uncontactable and unable to be traced
- Did not attend: maternal illness, other

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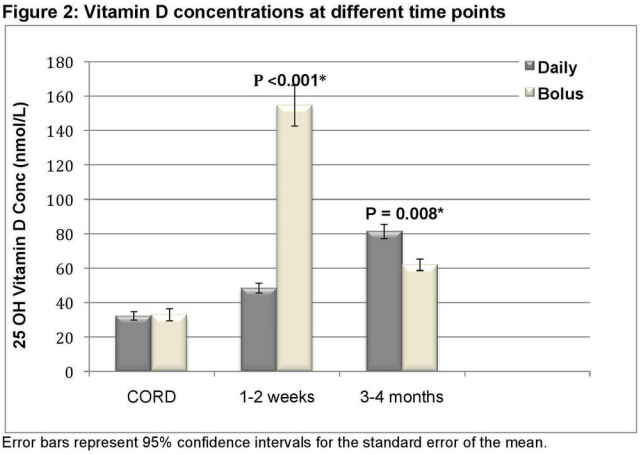
Figure 2: Vitamin D concentrations at different time points



Error bars represent 95% confidence intervals for the standard error of the mean.

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