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# Vitamin D Best Taken With Largest Meal of Day, Study Finds

HealthDay

Thu May 6, 7:04 pm ET

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THURSDAY, May 6 (HealthDay News) -- Your body may make better use of a vitamin D supplement if you take it with your largest meal, new research suggests.

Researchers at the Cleveland Clinic examined 17 patients with vitamin D deficiency who weren't getting better under treatment. Over a period of two to three months, the patients were told to take vitamin D supplements with the biggest meal they ate each day.

This boosted the level of vitamin D in their blood by an average of 56 percent, the researchers said.

"This is an important finding for patients being treated for vitamin D deficiency," study senior author Dr. Angelo Licata said in a news release from the Cleveland Clinic. "By doing something as simple as changing when you take your vitamin D supplement, you can improve the level in your blood by over 50 percent."

The study was recently published in the *Journal of Bone and Mineral Research*.

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