

Low vitamin D levels could cause liver disease

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We are all aware that low levels of vitamin D can cause weak bones. A recent study indicates that it could be associated with liver disease as well!

Researchers claim that low vitamin D could be one of the reasons behind the development of non-alcoholic fatty liver disease (NAFLD). NAFLD occurs due to accumulation of triglycerides in the liver cells.

Outpatients of suspected [metabolic syndrome](#) with normal liver enzymes, no excessive alcohol intake, negative for hepatitis B and hepatitis C, no cirrhosis or chronic liver disease were subjected to liver ultrasound to estimate the presence and degree of fatty liver disease. 25(OH) vitamin D levels were measured to estimate any deficiency of vitamin D.

The researchers found that patients with NAFLD had low levels of 25(OH) vitamin D. They also found that the lower 25(OH) vitamin D levels, the worse is the degree of fatty liver disease. This association was independent of other possible influencing factors like age, sex, triglycerides, HDL and fasting blood glucose levels...

Read rest of article at www.medindia.net

Vitamin D Council comment:

Dr. Cannel reported on [vitamin D and non-alcoholic fatty liver disease](#) in the March 2009 edition of the Vitamin D Newsletter.

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