Screen for eligibility from Wellness Program cohort

Se 25(OH)D, Se Ca, Se PTH, Lipid profile, FBS, FBI, BP & anthropometry measurement

Baseline investigation

Exclude: Did not meet criteria
Refuse to participate

Exclude: Elevated Se Ca & PTH level
Se Vitamin D > 20 ng/ml
Refuse to participate

Randomize (n = 320)

Assign to vitamin D group (n = 160)

6 months: Blood taking

12 months: Blood taking & analyses

Assign to placebo group (n = 160)

6 months: Blood taking

Analyse Serum Calcium only. Withdrawn if noted abnormal level

Se 25(OH)D, Se Ca, Se PTH, Lipid profile, FBS, FBI, BP, weight.