Study population
South Asian Women aged 20 plus years

Screen 250 women for vitamin D deficiency and insulin resistance

Identify 100 volunteers (assuming prevalence of ±35%).

Stratified randomization

Baseline: Vitamin D, HOMA-IR, lipids, bone markers

4 capsules per day of cholecalciferol (4000IU) N=50
6 months

4 capsules per day of placebo N=50
6 months

End: Vitamin D, HOMA-IR, lipids, bone markers

Phase 1: Commenced February 2007, completed October 2007
- Blood analysis
- Anthropometry and clinical measurements
- Medical history, dietary intake and questionnaires

Phase 2: Intervention