Reviewer's report

Title: The Effects of Two Vitamin D Regimens on Ulcerative Colitis Activity Index, Quality of Life and Oxidant/Anti-Oxidant Status

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Reviewer: Michael Holick

Reviewer's report:

1. The authors did not measure serum vitamin D levels and they should therefore not use that term throughout the manuscript.

2. The authors should add some nomenclature to the blood levels of 25-hydroxyvitamin D in the abstract presumably its nanograms/mL?

3. The assay for 25-hydroxyvitamin D is not sensitive to 2 decimal places.

4. It is quite surprising that the blood level of 25-hydroxyvitamin D was the same at the end of the study for both the low and high dose group. This would suggest there was no difference?

5. A dose of 1000 IUs and 2000 IUs daily have been reported to increase blood level of 25-hydroxyvitamin D on average by 10 and 20 ng/mL respectively. Rule of thumb is for every 100 IUs ingested blood levels increase by approximately 1 ng/mL. This was not observed in either group raising concerns that may have been malabsorption due to the underlying inflammatory bowel disease. It would have been very helpful to have seen what the change i.e. delta was in serum 25-hydroxyvitamin D for each individual and to take those changes and provide a mean. This might give better insight as to what had occurred i.e. some of the subjects may have had poor absorption while others had moderate or normal absorption of vitamin D.

6. Authors should carefully review the literature. There are a multitude of studies relating improvement in vitamin D status to varying doses of vitamin D including 1000 IUs and 2000 IUs daily. Also there are several studies that have evaluated vitamin D absorption in patients with ulcerative colitis and other inflammatory bowel disorders.
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