

Vitamin D Supplements Have Limited Benefits for Obese Teens

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The Mayo Clinic recently published the following video with Dr. Seema Kumar, a pediatric oncologist working at the May Clinic's Children Center. The organization has been conducting a number of studies analyzing childhood obesity.

Kumar discussed a study she worked on about whether treatment with vitamin D3 could boost endothelial function in overweight teenagers. Results from the study were [published online](#) [1] in the journal *Pediatric Obesity*.

"After three months of having vitamin D boosted into the normal range with supplements, these teenagers showed no changes in body weight, body mass index, waistline, blood pressure or blood flow," says Dr. Kumar in the video. "We're not saying the links between vitamin D deficiency and chronic diseases don't exist for children—we just haven't found any yet."

Watch to learn more about what she found.

Source URL (retrieved on 09/15/2015 - 9:29am):

<http://www.biosciencetechnology.com/videos/2015/08/vitamin-d-supplements-have-limited-benefits-obese-teens>

Links:

[1] <http://www.ncbi.nlm.nih.gov/pubmed/26273791?dopt=Abstract&&>