What are the primary aims of our study?

1. To compare the proportions of women who will reach the IOM defined desirable 25(OH)D level ≥20ng/ml at delivery between the high and low dose arms. The recommended daily allowance (RDA) is, as per the IOM definition, the daily dose of vitamin D that allows to ≥97.5% of women to achieve the stated desirable 25(OH)D level ≥ 20ng/ml. This trial will allow us to challenge-refute the current IOM RDA recommendations.

2. To compare the infant bone mineral content (BMC), measured by DXA scan, at one month of age between the high and the low dose groups.