**What are the study interventions?**

The low dose group receives 10,000 IU vitamin D tablet and 1 placebo tablet every other week, alternating with 2 placebo tablets every other week; the equivalent daily dose (714 IU/d) is close to the IOM recommended dose of 600 IU/d.

The high dose group receives 2 tablets 10,000 IU vitamin D weekly; the equivalent daily dose (2,857 IU/d) is below the upper limit of intake allowed by the IOM.