**What are the risks associated with vitamin D supplementation**

There is a remote risk of developing hypercalcemia/toxicity with vitamin D doses of 50,000 IU daily for weeks to months, doses that are 16 folds higher than the doses used in our trial. Hypercalcemia/toxicity manifests with dry mouth, kidney stones, headache, nausea, vomiting, lethargy, confusion, abdominal pain, and arrhythmia. However, doses of vitamin D supplementation of 4,000 IU daily, higher than the doses used in this study, have been shown to be safe in 180 pregnant women, in 2 recent studies, one of them from the US, and the other one from the United Arab Emirates. None of these women had any sign of toxicity.