



Michael D. Maves, MD, MBA, Executive Vice President, CEO

October 8, 2008

Linda D. Meyers, PhD
Director
Food and Nutrition Board
Institute of Medicine
National Academy of Sciences
500 Fifth Street, NW
Washington DC 20001

Dear Dr. Meyers:

On behalf of the physician and medical student members of the American Medical Association (AMA), I would like to encourage the Food and Nutrition Board to re-examine the Daily Reference Intake (DRI) values for vitamin D. Since 1997 when the DRIs for vitamin D were established, the literature on vitamin D and its association with various disease outcomes has greatly expanded. Many of these studies suggest that the current DRIs for vitamin D may be too low for most of the population, although there is conflicting data for some health outcomes.

Policy recently adopted by our House of Delegates supports a thorough review of this new literature on vitamin D and requests the expert guidance of the Food and Nutrition Board on the optimal intakes, including the tolerable upper levels, for vitamin D in light of recent research. Such guidance is critical for physicians and other health care providers to provide the best possible evidence-based health care.

The AMA commends the Food and Nutrition Board for its continuing efforts to provide the most authoritative recommendations on optimal nutrient intakes. Re-examination of the DRIs for vitamin D will help clarify the current state of knowledge regarding this essential nutrient.

Sincerely,

A handwritten signature in black ink that reads "Mike Maves". The signature is written in a cursive, flowing style.

Michael D. Maves, MD, MBA