

References

1. DeLuca HF. Overview of general physiologic features and functions of vitamin D. *Am J Clin Nutr.* 2004;80(6 Suppl):1689S-96S. doi:10.1093/ajcn/80.6.1689S
2. Charoenngam N, Holick MF. Immunologic Effects of Vitamin D on Human Health and Disease. *Nutrients.* 2020;12(7):2097. Published 2020 Jul 15. doi:10.3390/nu12072097
3. SACN. 2016. Vitamin D and Health Report. Available at: https://assets.publishing.service.gov.uk/media/5a804e36ed915d74e622dafa/SACN_Vitamin_D_and_Health_report.pdf (Accessed 06.11.2023)
4. NHS 2020 <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>
5. British Dietetic Association. Vitamin D. Available at: <https://www.bda.uk.com/resource/vitamin-d.html> (Accessed 06.11.2023)
6. Tripkovic L, Wilson LR, Hart K, et al. Daily supplementation with 15 µg vitamin D₂ compared with vitamin D₃ to increase wintertime 25-hydroxyvitamin D status in healthy South Asian and white European women: a 12-wk randomized, placebo-controlled food-fortification trial. *Am J Clin Nutr.* 2017;106(2):481-490. doi:10.3945/ajcn.116.138693
7. Cardwell G, Bornman JF, James AP, Black LJ. A Review of Mushrooms as a Potential Source of Dietary Vitamin D. *Nutrients.* 2018;10(10):1498. Published 2018 Oct 13. doi:10.3390/nu10101498
8. Hohman EE, Martin BR, Lachcik PJ, Gordon DT, Fleet JC, Weaver CM. Bioavailability and efficacy of vitamin D₂ from UV-irradiated yeast in growing, vitamin D-deficient rats. *J Agric Food Chem.* 2011;59(6):2341-2346. doi:10.1021/jf104679c
9. Itkonen ST, Pajula ET, Dowling KG, Hull GL, Cashman KD, Lamberg-Allardt CJ. Poor bioavailability of vitamin D₂ from ultraviolet-irradiated D₂-rich yeast in rats. *Nutr Res.* 2018;59:36-43. doi:10.1016/j.nutres.2018.07.008
10. Itkonen ST, Skaffari E, Saaristo P, et al. Effects of vitamin D₂-fortified bread v. supplementation with vitamin D₂ or D₃ on serum 25-hydroxyvitamin D metabolites: an 8-week randomised-controlled trial in young adult Finnish women. *Br J Nutr.* 2016;115(7):1232-1239. doi:10.1017/S0007114516000192
11. Wilson-Barnes SL, Hunt JEA, Mendis J, et al. The relationship between vitamin D status, intake and exercise performance in UK University-level athletes and healthy inactive controls. *PLoS One.* 2021;16(4):e0249671. Published 2021 Apr 2. doi:10.1371/journal.pone.0249671
12. Rojano-Ortega D, Berral-de la Rosa FJ. Effects of vitamin D supplementation on muscle function and recovery after exercise-induced muscle damage: A systematic review. *J Hum Nutr Diet.* 2023;36(3):1068-1078. doi:10.1111/jhn.13084