

# Press Release



## Sunshine vitamin boosts fertility

### **A study reveals that the higher the vitamin D level, the greater the chance of pregnancy following artificial insemination**

Veldhoven, 8 July 2011 (SRF) An optimum supply of vitamin D is one of the success factors for so-called in-vitro fertilisation, artificial insemination in a test tube. The results of a scientific study by the Faculty of Medicine at Kocaeli University in Turkey reveal that the higher the concentration of vitamin D in the follicular fluid surrounding the ovum, the greater the chance of pregnancy. The study involved 84 infertile women who underwent in-vitro fertilisation. According to the study, the women with the highest levels of vitamin D in their follicular fluid had a better chance of a successful pregnancy following artificial insemination. The statistical calculation shows how for every increase in vitamin D levels by one ng/mL, the likelihood of a pregnancy rises by 6%.

"An average vitamin D level of 40 to 60 nanograms per millilitre of blood (40 - 60 ng/mL) is the scientific threshold above which vitamin D can best exert its positive effects. 90% of vitamin D is formed by the skin, its synthesis is activated by exposure to UV rays," Ad Brand from the Sunlight Research Forum (SRF) explains, referring to an ideal vitamin D supply.

The Sunlight Research Forum (SRF) is a non-profit organisation based in the Netherlands. Its aim is to make the latest medical and scientific evidence on the effects of moderate exposure to UV radiation available to the general public.

#### References:

Ozkan S, Jindal S, Greenseid K, Shu J, Zeitlian G, Hickmon C, Pal L: Replete vitamin D stores predict reproductive success following in vitro fertilization; in: Fertility & Sterility, 2010 Sep; 94(4): 1314 - 9

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