Positive Effect of Low Dose Vitamin D Supplementation on Growth of Fetal Bones: A Randomized Prospective Study

**Background:** assess the effect of low dose vitamin D supplementation during pregnancy

**Method:** prospective randomized trial

- **140 patients** divided in two equally matched groups
- **70 individuals**
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- **first trimester:** CRL and FL
- **2nd and 3rd trimester:** humerus and femur length. Proximal, midshaft and distal diameter of humerus & femur

**Result:** **No significant** difference was observed for CRL, FL **was not** statistically significant in the first trimester. Other measures **were statistically significant.**

**Conclusion:** It is suggested to prescribe low dose vitamin D (1000 IU per day) from early pregnancy with possible increment in length and diameter of femur and humerus bones of the fetus.