

# Measurement of 25-hydroxyvitamin D serum levels and its seasonal variations in healthy young people

## Determinación de los niveles séricos de 25-hidroxivitamina D y sus variaciones estacionales en una población normal joven

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**Background:** 25-hydroxyvitamin D has a longer half life and its serum levels have less daily variations than calcitriol. Thus, its measurement is a better indicator of vitamin D status. **Aim:** To measure 25-hydroxyvitamin D levels in normal subjects during summer and winter. **Patients and methods:** Vitamin D was measured using a competitive protein binding radioassay in 61 subjects (27 male) aged 21 to 57 years old, during July and August (winter) and February and March of the next year (summer). **Results:** 25-hydroxyvitamin levels were  $28.8 \pm 1.5$  and  $30.9 \pm 2.3$  ng/ml during winter and summer respectively. No differences were found between men and women. Ninety five percent confidence levels were between 13 and 50 ng/ml. Levels in one patient with malabsorption were 9.3 ng/ml, in 2 patients with hypophosphemic osteomalacia were 2.1 and 9.3 ng/ml, in 12 patients with alcoholic cirrhosis were  $16.4 \pm 1.3$  ng/ml, in 4 patients with primary osteoporosis were  $23.3 \pm 0.7$  and in three patients receivi