

Study population  
South Asian Women aged 20  
plus years

Screen 250 women for  
vitamin D deficiency and  
insulin resistance

Identify 100 volunteers  
(assuming prevalence of  
 $\pm 35\%$ ).

Phase 1: Commenced February  
2007, completed October 2007

- Blood analysis
- Anthropometry and clinical  
measurements
- Medical history, dietary intake  
and questionnaires

Stratified randomization

Baseline: Vitamin D, HOMA-IR, lipids, bone markers

Phase 2:  
Intervention

4 capsules per day of  
cholecalciferol (4000IU) N=50  
6 months

4 capsules per day of placebo  
N=50  
6 months

End: Vitamin D, HOMA-IR, lipids, bone markers