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### **Vitamin D: a new therapeutic weapon for inflammatory bowel disease?**

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**Background & Aim:** The classical hormonal actions of vitamin D are related to mineral metabolism and skeletal health. However, some studies in the past have shown that vitamin D receptors are expressed in different tissues. This suggested that vitamin D had an entirely new facet, which includes actions on immune system. The purpose of this study is to clarify the association between vitamin D and inflammatory bowel disease (IBD) activity.

**Method:** We searched the PubMed, Science Direct and EMBASE databases, in order to make a literature review of the most recent articles including the keywords 'vitamin D', 'deficiency' and 'inflammatory bowel disease' in title and abstract.

**Results:** Several studies have shown that vitamin D deficiency has a high prevalence in patients with IBD. Hypovitaminosis D was linked to increased disease activity. Besides, it looks that vitamin D supplementation could be related to IBD symptoms amelioration.

**Conclusions:** Vitamin D has a role in the clinical disease course and severity of IBD. As vitamin D is affordable and has very few side effects, could be a promising approach for the treatment of IBD. However, further prospective trials are needed to determine the appropriate screening and supplementation of vitamin D in IBD patients.