was compared with advised sunlight exposure [12]. Serum 25(OH)D increased while serum parathyroid hormone decreased significantly in all groups after 3 months – more in the supplementation groups than in the advised sunlight group ($P<0.001$ for the former and $P<0.05$ for the latter). The results of this study are likely to be biased towards vitamin D supplementation because sunlight exposure was advised instead of observed, and the study included elderly participants (vitamin D synthesis from sunlight diminishes in elderly).

In order to meaningfully inform policy, there is an urgent need to conduct an experimental trial comparing the relative efficacy and safety of sunlight exposure and vitamin D supplementation in young infants. Meanwhile it would be pragmatic to promote the customary Indian practice of sunshine exposure in young infants, particularly among the poor who are unable to afford supplementation costs.

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**References**


