

An investigation of the effect of introducing vitamin D2 enriched mushrooms in the diet

Submission date 29/01/2011	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 11/04/2011	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 11/04/2011	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
An investigation of the effect of introducing vitamin D2 enriched mushrooms in the diet: a randomised double-blind placebo-controlled dietary intervention study

Acronym
MMD

Study objectives

To ascertain if daily consumption of vitamin D2 enriched mushrooms can increase vitamin D status in free living healthy adults.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Human Research Ethics Committee in University College Dublin (UCD) approved on the 24th November 2010 (ref: LS-10-152-Brennan-Gibney)

Study design

Randomised double-blind placebo-controlled intervention study

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Vitamin D supplementation

Interventions

Participants will be randomised to one of four treatment groups. The four treatment groups are defined as follows:

Group 1: daily vitamin D2 enriched mushrooms

Group 2: daily standard mushrooms

Group 3: daily vitamin D3 capsule (15 µg)

Group 4: daily vitamin D placebo capsule

Total duration of intervention: 4 weeks

Intervention Type

Supplement

Phase

Not Applicable

Drug/device/biological/vaccine name(s)

Vitamin D2

Primary outcome(s)

Circulating concentration of vitamin D, performed pre- and post- 4-week intervention

Key secondary outcome(s))

Metabolites relating to glucose and lipid metabolism, performed pre- and post- 4-week intervention

Completion date

01/12/2013

Eligibility

Key inclusion criteria

Healthy male and females free-living Caucasians aged 30 - 65 years

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Body mass index (BMI) less than 18.0 or 31.0 (kg/m²)
2. Any chronic or infectious disease
3. Any prescribed medication (contraceptive pills and hormone replacement therapy will be permitted)
4. Pregnant or lactating females

Date of first enrolment

26/01/2011

Date of final enrolment

01/12/2013

Locations

Countries of recruitment

Ireland

Study participating centre

UCD Conway Institute

Dublin

Ireland

D4

Sponsor information

Organisation

University College Dublin (UCD) (Ireland)

ROR

<https://ror.org/05m7pjf47>

Funder(s)

Funder type

Industry

Funder Name

Monaghan Mushrooms (Ireland)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes