

- In chronic pain, clinical studies of vitamin D supplementation with known vitamin D deficiency have shown mixed results in improving pain scores.
- Evidence of the effectiveness of vitamin D supplementation in treatment of chronic pain conditions from double-blind randomized-controlled trials (RCTs) is examined.
- The scientific evidence for the use of vitamin D as a treatment option for chronic pain is limited at present due to low quality designs, and due to the lack of RCTs.
- A trend appears in a positive direction indicating a beneficial effect of vitamin D over placebo in chronic pain.
- More focused research involving large RCTs is necessary.

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