



DEPARTMENT OF THE NAVY

NAVY MEDICINE READINESS AND TRAINING COMMAND NEW ENGLAND
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24 Mar 25

From: LCDR Brandon Boldt, MC, USN

To: All Candidates, Officer Training Command Newport

Subj: RECOMMENDATION FOR VITAMIN D SUPPLEMENTATION FOR CANDIDATE OFFICERS

Ref: (1) Vitamin D Deficiency in the Military: It's Time to Act!

1. Stress fractures continue to significantly impact candidate officer training accounting for the most consecutive numbers of days missing in training. It is well described in the literature that routine vitamin D supplementation can decrease risk of stress fractures in high-risk individuals such as those in Officer training.
2. Back in 2018, the Army developed the performance readiness bar which contains 1000mg of calcium and 1500-2000 IU of Vitamin D. While data on stress fracture reduction is not readily available online, they continue to provide this bar to Army recruits with the goal of stress fracture reduction.
3. While our numbers of vitamin D deficient adults is not routinely tested upon check in, based on the number from the Naval Academy Preparatory school and previous data, likely ~60% of the students enter training with vitamin D deficiency. The Endocrine Society clinical practice guidelines state it may take 1500-2000IU of vitamin D to achieve a serum level in the normal range.
3. With the above justification, I recommend routine vitamin D3 supplementation of 2,000 IU daily starting at least four weeks prior to arrival at Officer Candidate School (OCS), with continuation during the entirety of OCS training.

Sincerely,

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