



Effects of vitamin D supplementation on diabetic foot ulcer healing: a meta-analysis

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- This study aimed to review the effect of vitamin D supplementation on diabetic foot ulcer (DFU) healing.
- Randomized controlled trials (RCTs) on the impact of vitamin D supplementation on DFUs from inception to 19 November 2022 were searched through the various databases. A total of seven studies involving 580 patients were included.
- The results of meta-analysis showed that compared with control group, the wound healing efficiency rate (RR = 1.42, $P = 0.03$) and wound reduction rate (MD = 13.11, $P < 0.01$) of the experimental group were higher; the change values of the wound area (MD = -3.29, 95%CI -4.89 to 1.70, $P < 0.01$) and 25 (OH) D (MD = 9.63, 95%CI 6.96 to 12.31, $P < 0.01$) were larger.
- Supplementation of vitamin D on DFU patients improves the glycemic values & also the inflammation and oxidative stress markers: high sensitivity C-reactive protein (MD = -0.83, $P < 0.01$).

The current evidence suggests that vitamin D supplementation can significantly promote DFU healing by lowering blood sugar and alleviating inflammation and oxidative stress.

