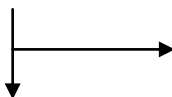


Assessed for eligibility (n=140)



Excluded (n=55)
Did not meet inclusion criteria

Medical examination (n=85)



Randomized (n=85)



Assigned to vitamin D group (n=42)



Assigned to placebo group (n=43)



Lost to follow up (n=3)

- Non compliant (n=1)
- Pregnancy (n=1)
- follow weight reduction program (n=1)



Completed 12-week follow-up (n=39)



Analyses (n=39)



Lost to follow up (n=5)

- Non compliant (n=4)
- Take OCP (n=1)



Completed 12-week follow-up (n=38)



Analyses (n=38)