**9. equally effective and tolerated when taken with or without foodearances. ic medication.ily study are safe How long will I be in this study?**

This study will last 16 weeks.

**1. For how long should I take the study medication?**

We ask that you take your study medication once per day during the entire 16 weeks of the study.

**2. When do I start and stop my study medication?**

You should take your first pill on the day that you receive them at the start of the study. You should take your last pill on the day that you go to your 16-week checkout study visit.

**3. Could I receive a placebo?**

Yes. One out of every four people in this study will receive an inactive capsule called a placebo. This will look just like the vitamin D capsules, but will contains no actual vitamin D**.** It is important that some people in this study take a placebo so that we can determine the actual effects of vitamin D, as opposed to just being in the study. The placebo will not cause any harm.

**4. What do I do if I get the placebo?**

This study is double-blind, which means that neither you nor the study team will know whether the study medication contains vitamin D or placebo. Regardless of whether you are receiving vitamin D or placebo you should take the study medication every day during the study.

**5. Should I have pills left over?**

Yes. We provide slightly more pills than needed so that people do not run out.

**6. Should I take my study medication in the morning or evening?**

You can take the study medication at any time of the day. Whenever you choose, a consistent time is useful for helping you remember to take the medication.

**7. Should I take my study medication with food?**

It is best to take the study medication with food for best absorption.

**8. Can I put my study medication in a medication set with my other pills?**

Yes.

**9. Will the study medication interact with my other pills?**

No. Vitamin D does not interact with other prescription medications.

**10. What do I do if I miss a dose?**

If you miss a dose of study medication, it is OK to take two pills the next day. The dosage of vitamin D in this study is safe for this purpose. If you miss more than one day of treatment, please go back to just taking the study medication once per day as soon as you can.

**11. Should I avoid spending time outside in the sun?**

No. Feel free to continue your usual daily activities, including going outside as you normally do.

**12. Should I stop using sunscreen?**

No. Please continue to use sunscreen the way you usually do.

**13. Should I keep taking my usual vitamins and supplements?**

Yes. Please continue taking your regular vitamins and supplements as you were at the beginning of this study. We will ask you about which vitamins and supplements you take at the beginning and end of the study.

**14. Should I change my diet?**

No. Please continue to follow your regular diet.

**15. Will I experience any side effects from the study medication?**

We do not expect side effects from taking either vitamin D or the placebo. However, if you do experience any new symptoms that you think might be related to your study medication, please call the MESA field representative to let us know. The MESA phone number is on the pill bottle.

**16. What should I do if I can’t make the checkout examination?**

For this study to work effectively, it is important that each participant return for their 16-week checkout visit so that we can determine their response to vitamin D treatment. It is important for all participants to return for this visit even if they have stopped taking your study medication. Please call your MESA field center to discuss alternate scheduling for the checkout visit if needed.

**17. Will I be told about the study’s results?**

Yes. We will measure your vitamin D and calcium levels at the beginning and end of this study. We will send you these results by mail, along with information on whether you received vitamin D or the placebo. You can share these results with your healthcare provider to choose whether you should take vitamin D supplements in the future.

**18. What should I do after the study?**

This study will end after the 16-week period. There are no further study requirements. You are free to take vitamin D supplements after the study is completed as you decide. Your participation in MESA will continue according to the usual study procedures.