

## Literaturliste:

- Bischoff-Ferrari, H. A., Dawson-Hughes, B., Staehelin, H. B., Orav, J. E., Stuck, A. E., Theiler, R., et al. (2009). Fall prevention with supplemental and active forms of vitamin D: a meta-analysis of randomised controlled trials. *BMJ*, *339*.
- Booth, S. L., Broe, K. E., Gagnon, D. R., Tucker, K. L., Hannan, M. T., McLean, R. R., et al. (2003). Vitamin K intake and bone mineral density in women and men. *Am J Clin Nutr*, *77*(2), 512-516.
- Carlisle, E. (1981). Silicon: A requirement in bone formation independent of vitamin D. *Calcified Tissue International*, *33*(1), 27-34.
- Chapuy, M. C., Arlot, M. E., Duboeuf, F., Brun, J., Crouzet, B., Arnaud, S., et al. (1992). Vitamin D3 and Calcium to Prevent Hip Fractures in Elderly Women. *New England Journal of Medicine*, *327*(23), 1637-1642.
- CONSTANTINI, N. W., DUBNOV-RAZ, G., CHODICK, G., ROZEN, G. S., GILADI, A., & ISH-SHALOM, S. (2010). Physical Activity and Bone Mineral Density in Adolescents with Vitamin D Deficiency. *Medicine & Science in Sports & Exercise*, *42*(4), 646-650. 10.1249/MSS.1240b1013e3181bb1813b.
- Geleijnse, J. M., Vermeer, C., Grobbee, D. E., Schurgers, L. J., Knapen, M. H., van der Meer, I. M., et al. (2004). Dietary intake of menaquinone is associated with a reduced risk of coronary heart disease: the Rotterdam Study. *J Nutr*, *134*(11), 3100-3105.
- Gheduzzi, D., Boraldi, F., Annovi, G., DeVincenzi, C. P., Schurgers, L. J., Vermeer, C., et al. (2007). Matrix Gla protein is involved in elastic fiber calcification in the dermis of. *Lab Invest*, *87*(10), 998-1008.
- Gonzalez, C. (2010). Vitamin D Supplementation: An Update. *Medscape Today*.
- HALLIDAY, T. M., PETERSON, N. J., THOMAS, J. J., KLEPPINGER, K., HOLLIS, B. W., & LARSON-MEYER, D. E. (2011). Vitamin D Status Relative to Diet, Lifestyle, Injury, and Illness in College Athletes. *Medicine & Science in Sports & Exercise*, *43*(2), 335-343. 10.1249/MSS.1240b1013e3181eb1249d1244d.
- Holick, M. F. (2004). Vitamin D: importance in the prevention of cancers, type 1 diabetes, heart disease, and osteoporosis. *Am J Clin Nutr*, *79*(3), 362-371.
- Ikeda, Y., Iki, M., Morita, A., Kajita, E., Kagamimori, S., Kagawa, Y., et al. (2006). Intake of fermented soybeans, natto, is associated with reduced bone loss in postmenopausal women: Japanese Population-Based Osteoporosis (JPOS) Study. *J Nutr*, *136*(5), 1323-1328.
- Kameda, T., Miyazawa, K., Mori, Y., Yuasa, T., Shiokawa, M., Nakamaru, Y., et al. (1996). Vitamin K2 inhibits osteoclastic bone resorption by inducing osteoclast apoptosis. *Biochem Biophys Res Commun*, *220*(3), 515-519.
- Kaneki, M., Hodges, S. J., Hosoi, T., Fujiwara, S., Lyons, A., Crean, S. J., et al. (2001). Japanese fermented soybean food as the major determinant of the large geographic difference in circulating levels of vitamin K2: possible implications for hip-fracture risk. *Nutrition*, *17*(4), 315-321.
- Li, J., Wang, H., & Rosenberg, P. A. (2009). Vitamin K prevents oxidative cell death by inhibiting activation of 12-lipoxygenase in developing oligodendrocytes. *J Neurosci Res*, *87*(9), 1997-2005.
- Loskutova, N., Honea, R. A., Brooks, W. M., & Burns, J. M. (2010). Reduced limbic and hypothalamic volumes correlate with bone density in early Alzheimer's disease. *J Alzheimers Dis*, *20*(1), 313-322.
- Maggio, D., Polidori, M. C., Barabani, M., Tufi, A., Ruggiero, C., Cecchetti, R., et al. (2006). Low levels of carotenoids and retinol in involutional osteoporosis. *Bone*, *38*(2), 244-248.
- Masterjohn, C. (2006). Vitamin A on trial: Does it cause osteoporosis?
- McBeth, J., Pye, S. R., O'Neill, T. W., Macfarlane, G. J., Tajar, A., Bartfai, G., et al. (2010). Musculoskeletal pain is associated with very low levels of vitamin D in men: results from the European Male Ageing Study. *Annals of the Rheumatic Diseases*, *69*(8), 1448-1452.
- Metz, A. L., Walser, M. M., & Olson, W. G. (1985). The interaction of dietary vitamin A and vitamin D related to skeletal development in the turkey poult. *J Nutr*, *115*(7), 929-935.
- Morishita, M., Nagashima, M., Wauke, K., Takahashi, H., & Takenouchi, K. (2008). Osteoclast inhibitory effects of vitamin K2 alone or in combination with etidronate or risedronate in patients with rheumatoid arthritis: 2-year results. *J Rheumatol*, *35*(3), 407-413.
- Okamoto, H. (2008). Vitamin K and rheumatoid arthritis. *IUBMB Life*, *60*(6), 355-361.
- Oliva, A., Della Ragione, F., Fratta, M., Marrone, G., Palumbo, R., & Zappia, V. (1993). Effect of retinoic acid on osteocalcin gene expression in human osteoblasts. *Biochem Biophys Res Commun*, *191*(3), 908-914.
- Pfeifer, M., Begerow, B., Minne, H., Suppan, K., Fahrleitner-Pammer, A., & Dobnig, H. (2009). Effects of a long-term vitamin D and calcium supplementation on falls and parameters of muscle function in community-dwelling older individuals. *Osteoporosis International*, *20*(2), 315-322.
- Pizzorno. (2012). Vitamin D and Vitamin K Team Up to Lower CVD
- Sahni, S., Hannan, M. T., Blumberg, J., Cupples, L. A., Kiel, D. P., & Tucker, K. L. (2009). Inverse association of carotenoid intakes with 4-y change in bone mineral density. *Am J Clin Nutr*, *89*(1), 416-424.
- Schurgers LJ, D. P., Spronk HM, Soute BA, Dhore CR, Cleutjens JP, Vermeer C. (2001). Role of vitamin K and vitamin K-dependent proteins in vascular calcification. *Z Kardiol*, *90*(3), 57-63.
- Schurgers, L. J., Teunissen, K. J., Hamulyak, K., Knapen, M. H., Vik, H., & Vermeer, C. (2007). Vitamin K-containing dietary supplements: comparison of synthetic vitamin K1 and natto-derived menaquinone-7. *Blood*, *109*(8), 3279-3283.
- Sugiura, M., Nakamura, M., Ogawa, K., Ikoma, Y., Ando, F., & Yano, M. (2008). Bone mineral density in postmenopausal female subjects is associated with serum. *Osteoporos Int*, *19*(2), 211-219.
- Weber, P. (2001). Vitamin K and bone health. [doi: DOI: 10.1016/S0899-9007(01)00709-2]. *Nutrition*, *17*(10), 880-887.