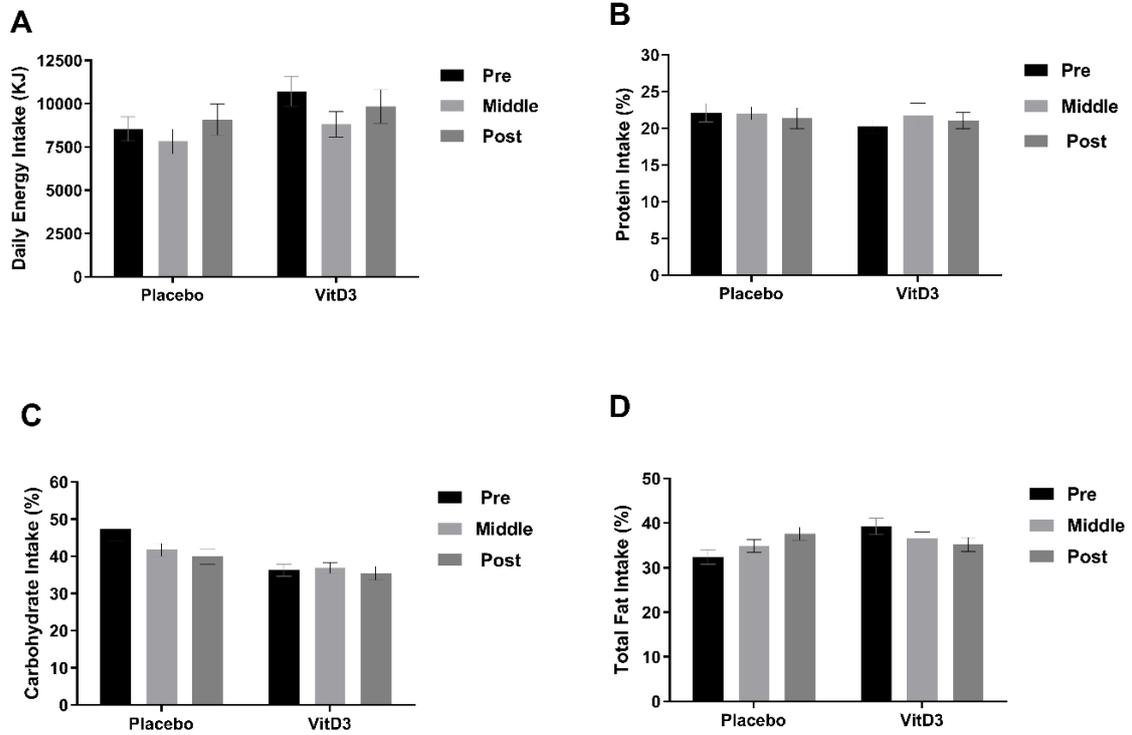


## Supplementary Material



**Figure S1.** Mean  $\pm$  (SD) Daily total energy (A) and macronutrient intake (B, C and D) pre-, mid- and post-supplementation in the placebo and VitD3 groups.

**Table S1.** Theoretical method to calculate the percentage of free 25(OH)D availability (example).

Case	Total Serum VitD (nmol/L)	Classification by IOM [21]	Free VitD (pg/ml)	Free VitD (nmol/L)	Free VitD in Proportion to Total VitD	% of Free VitD	Serum Free VitD Recommendation: 0.03 - 0.4% [53]
1	100	sufficient	2	0.01182	$100 \times 0.01182 / 100$	0.01%	Inadequate
2	40	deficient	10	0.0591	$100 \times 0.0591 / 40$	0.15%	Adequate