

**Table 1:** Characteristics of the study population and vitamin D serum values at baseline and after 3 months' treatment periods. Values >75 nmol/l are considered optimal.

	Patients on solid forms		Patients on liquid forms		p-value	Total of patients
number (n)	42		55		n.a.	97
male gender [%]	45.2		40.0		n.a.	42.3
mean age [years] ±s	63.1 ± 11.6		61.6 ± 17.2		n.s.	62.2 ± 15.0
mean weight [kg] ±s	76.2 ± 14.6		77.0 ± 16.5		n.s.	76.6 ± 15.6
vitamin D serum values mean ± s [nmol/l]						
baseline	33.5 ± 12.9		29.9 ± 10.8		0.108	30.9 ± 11.9
after 1 <sup>st</sup> treatment period	67.4 ± 19.4		54.7 ± 14.5		0.042	60.1 ± 17.8
after 2 <sup>nd</sup> treatment period	75.7 ± 20.9		68.5 ± 18.6		0.067	71.5 ± 19.8
	weekly 5'600 IU	monthly 20'000 IU	weekly 5'600 IU	monthly 24'000 IU		
number (n)	22	20	28	27		
baseline value	36.0 ± 15.2	30.8 ± 9.3	28.6 ± 10.4	29.4 ± 11.3		
after 1 <sup>st</sup> treatment period	75.8 ± 17.3	58.6 ± 17.3	54.9 ± 14.9	53.8 ± 14.4		

\* p-value <0.01

\*\* p-value 0.01

**Table 2:** Taking and timing adherence values (average) according to pharmaceutical forms (solid and liquid) and dosage frequency (weekly and monthly). Non-significance is marked with “n.s.”

		weekly administration [%]	monthly administration [%]	p-value
solid	Taking Adherence	98.1	100.0	0.013
	Timing Adherence	73.2	79.5	0.030
liquid	Taking Adherence	94.5	96.0	0.012
	Timing Adherence	66.4	79.5	0.001

**Table 3:** Listing of all reported unexpected events after 3 or 6 months of cumulative weekly or monthly oral treatment with 800 IU cholecalciferol/day (translated from Swiss German)

Preparation	Unexpected event
oily drops	fatigue, but also occurred before
alcoholic drops	possible fatigue, unclear whether there is a connection
oily drops	uncharacteristic abdominal pain
oily drops	shingles: under Vit D considerably less frequent
oily drops	less tired than usual
alcoholic drops	generally feels better under vitamin D, is better off in the morning
oily drops	foot swelling left 1 week ago - now better
oily drops	nervous, palpitations
alcoholic drops	weight loss 7 kg in 2 months (patient report not validated)
alcoholic drops	feeling, I let more water than usual (suspected diuretic effect)
alcoholic drops	heat feeling, feverish, sleep problems
alcoholic drops	had once cramp in the leg
oily drops	less pain in the hand
alcoholic drops	localized itching

alcoholic drops	a little gas (flatulence)
oily drops	possibly more diarrhea (developed over time)
oily drops	at the first 3 doses some nausea after ingestion, spontaneously gone
capsules	approx. 10 days after the 1 <sup>st</sup> ingestion night sweat outbreak (one-time)
oily drops	unique feeling of palpitations