Vitamin D status and biomarkers of inflammation in runners

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Background and purpose: The extra-skeletal functions of vitamin D – including its role in inflammatory modulation – are now well recognized but have not yet been investigated in an athletic population. Thus, the purpose of this study was to investigate the relationship between vitamin D status and pro- and anti-inflammatory cytokines (as markers of inflammation and immune system function) in endurance athletes.

Patients and methods: We analyzed fasting blood samples from 19 healthy, endurance-trained male and female runners (following a standardized diet and exercise regimen) for vitamin D status (serum 25-hydroxyvitamin D [25(OH)D]) and specific plasma cytokine concentrations (tumor necrosis factor alpha [TNF-α], interferon-gamma [IFN-γ], interleukin [IL]-4, and IL-10). Serum/plasma concentrations were log-transformed and simple regression analysis was used to determine significant associations between 25(OH)D and cytokine concentrations.

Results: Forty-two percent of participants had insufficient vitamin D status [25(OH)D, 32 ng/mL], whereas 11% were deficient [25(OH)D<, 20 ng/mL]. TNF-α and IL-4 were variable, ranging from 2.9 to 36.4 pg/mL and 0 to 252.1 pg/mL, respectively. Concentrations of IFN-γ and IL-10 were minimal, with means of 6.7 ± 7.0 pg/mL and 4.8 ± 5.1 pg/mL, respectively. Regression analysis revealed a significant inverse association between 25(OH)D and TNF-α concentrations ($R^2 = 56.5$, $P = 0.001$) but not between 25(OH)D and the remaining cytokines, IFN-γ, IL-4, and IL-10 ($P = 0.477$, 0.694, and 0.673, respectively).

Conclusion: These results call further attention to the epidemic of vitamin D insufficiency, even in outdoor athletes, and support a possible link between decreased vitamin D status and one particular marker of inflammation. Future investigations are necessary to determine whether increased inflammation in athletes with reduced vitamin D status could increase risk for inflammation-related injury.

Keywords: health, exercise training, tumor necrosis factor alpha, cytokines, injury risk

Introduction

It is now well recognized that vitamin D has many biological functions beyond its classical role in bone metabolism.1 As a steroid hormone, vitamin D functions, along with its nuclear vitamin D receptor, as a modulator of several hundred genes, many of which are involved in immune and inflammatory modulation.1,2 In fact, the vitamin D receptor has been identified in most immune system cells, including macrophages, neutrophils, dendritic cells, and T lymphocytes.3 Moreover, both 1-alpha hydroxylase, the enzyme responsible for converting 25-hydroxyvitamin D into hormonally active 1,25-dihydroxyvitamin D [1,25(OH)2D], and 24-hydroxylase, the major 1,25-dihydroxy vitamin D-degrading enzyme, are present in activated macrophages, suggesting that
these phagocytic cells regulate the concentration of active
vitamin D within the cell. Not surprisingly, vitamin D
status is thought to have profound effects on many aspects
of immune system function, including regulation of the
status is thought to have profound effects on many aspects
of immune system function, including regulation of the
cytokine environment.

Over the past 10–15 years, much effort has been devoted
to understanding the role of vitamin D in immune system
modulation. In vitro studies have found defective macrophage
function, including impaired chemotaxis, phagocytosis, and
cytokine production, in vitamin D-deficient murine models.
Animal studies, along with other in vitro work, have found
that vitamin D enhances production of anti-inflammatory
cytokines, including transforming growth factor beta-1
and interleukin (IL)-4, and reduces production of the pro-
inflammatory cytokines IL-6, interferon-γ (IFN-γ), IL-2, and
tumor necrosis factor-α (TNF-α). In high concentrations,
many pro-inflammatory cytokines, including TNF-α, promote
damage and/or impair recovery in cardiac, skeletal, and bone
tissue. In vivo studies, however, have been less conclusive.
Some studies demonstrate that vitamin D supplementation
improves cytokine profiles in patients with chronic diseases,
such as congestive heart failure and osteoporosis. Other
studies in apparently healthy individuals have not clearly
shown a link between vitamin D status and circulating
cytokine concentrations.

The relation between vitamin D status and cytokine profile
in athletic populations is of considerable interest and has not,
to our knowledge, been previously investigated. Athletes in
intensive training often exhibit alterations in pro-inflammatory
cytokine profiles, which have been hypothesized to influence
risk for illness and overtraining syndrome. The purpose
of this pilot study was to investigate the relation between
vitamin D status and circulating cytokine concentrations
in healthy, endurance-trained athletes. We chose to evaluate the inflammatory
cytokines TNF-α and IFN-γ as well as the anti-inflammatory
cytokines IL-4 and IL-10. TNF-α was selected because of its
inhibitory effect on muscle tissue repair following injury.
The anti-inflammatory cytokine IL-10 was of interest
because lower IL-10 concentrations have been identified
in illness-prone runners. IFN-γ and IL-4 were selected as
key markers of the balance between T-helper 1 (Th1)
and T-helper 2 (Th2) activity. We hypothesized that
serum 25(OH)D concentrations, the most widely accepted
marker of vitamin D status, would be inversely correlated
with the pro-inflammatory cytokines TNF-α and IFN-γ and
directly correlated with the anti-inflammatory cytokines
IL-4 and IL-10. Results will help guide future investigations
into the possible contribution of vitamin D status toward
inflammatory modulation and injury risk in athletes.

Patients and methods
Participants were healthy endurance-trained distance
runners or triathletes (n = 19) between the ages of 19 and
45 years old who were recruited for a study assessing the
effect of diet on intramyocellular lipid stores. To qualify,
participants had to be running ≥30 km/week, have completed
at least two training runs of greater than 2 hours within
the past 3 months, and have a maximal oxygen uptake
(VO₂max) ≥55 mL/kg/min for men and ≥50 mL/kg/min
for women. The women had to have regularly occurring
menstrual cycles. The original study was approved by the
Institutional Review Board of the Pennington Biomedical
Research Center. Further blood analysis was approved by the
Institutional Review Board at the University of Wyoming.
Before providing written informed consent, volunteers were
fully informed about the possible risks of all procedures and
that their blood samples would be archived for future analyses
of nutrition-related parameters.

Prior to admission, volunteers were screened by a study
physician and determined to be apparently healthy, free
from acute injury and/or illness, and to have normal fasting
insulin, glucose, and hemoglobin concentrations. Subjects
were excluded if they smoked, demonstrated signs of a full
or partial syndrome eating disorder, alcoholism, or other
substance abuse problems, or were using prescription or
over-the-counter medications or supplements (other than
oral contraceptives) that could influence metabolism. To
ensure qualification, VO₂max was determined 2 to 3 weeks
before initiation of the experimental protocol on a motor-
driven treadmill (MedTrack ST65, Quinton Industries, Inc,
Bothell, WA), using a previously described protocol designed
for endurance-trained runners. For descriptive purposes,
body composition was also measured by dual-energy x-ray
absorptiometry (DXA, Hologic QDR4500A, Hologic Inc,
Bedford, MA).

Blood samples were collected in the morning, following
an overnight fast (at least 12 hours after the participant’s last
meal) 3 days after following a controlled weight-maintenance
diet (15% protein, 25% fat, 60% carbohydrate) and exercise
regimen. The details of the diets are described elsewhere.
Briefly, well-balanced diets were designed by a Pennington
Biomedical Research Center dietitian using commercially
available foods and beverages and prepared by the center’s
metabolic kitchen staff. The subjects ate dinner at the center,
and were given the following day’s breakfast, lunch, and
snacks to carry out. Subjects were asked to eat all food but to return anything not consumed to the research dietitian so it could be weighed and recorded. On days 1 and 2 of the controlled diet, the exercise regimen consisted of 45-minute training runs (on their own), which were to be completed at a target pace of ~45 s/mile (0.03 s/meter) slower than their usual 10 km race pace. To ensure compliance, duration and timing of training runs were recorded in training logs and later reviewed by the researchers. No exercise was allowed on day 3 (the day before the blood draw). Female participants were studied in the follicular phase of their menstrual cycles (between days 1 and 10) or, if on birth control, while taking the placebo (no hormone) pills. Follicular status was verified by measurement of serum progesterone concentration (ie, progesterone concentration < 2.0 pg/mL). Thus, blood samples were obtained at least 36 hours after the last bout of exercise and in the follicular phase of the menstrual cycle for female participants. This controlled diet, exercise, and timing regimen (for females) helped to ensure that inflammation and immune status were not inadvertently affected by recent nutrient intake and activities and were standardized within the sample.

Blood samples were collected following an overnight (12-hour) fast on the morning of day 4 (between 7 and 8 am), processed for serum and plasma extraction, and immediately frozen for storage at −80°C. Blood collected for serum analysis was allowed to clot for 30 minutes at room temperature before centrifugation at 3000 rpm for 10 minutes. Serum 25(OH)D and parathyroid hormone (PTH) concentrations were determined from archived (not previously thawed) serum samples via immunochemiluminometric assay by a commercial laboratory (IMCA, LabCorp, Burlington, NC). Plasma cytokine (TNF-α, IFN-γ, IL-10, and IL-4) concentrations were assessed using commercially available enzyme immunoassay kits (Assay Designs, Ann Arbor, MI). The intra-assay coefficient of variation for these procedures in our lab was 7.4%, 9.0%, 7.2%, and 6.5% for IFN-γ, IL-4, IL-10, and TNF-α, respectively. The intra-assay coefficients of variation listed by the manufacturer was <10% for IFN-γ and IL-4; 5.4% for IL-10; and 4.7% for TNF-α. In addition, assay sensitivities were 2–1000 pg/mL, 2–400 pg/mL, 3.8–500 pg/mL, and 8.4–1000 pg/mL for IFN-γ, IL-4, IL-10, and TNF-α, respectively.

Statistical analyses were performed using Minitab® Statistical Software (v 15.1.0.0; State College, PA). Descriptive statistics were used to summarize the participants’ physical characteristics, as well as circulating concentrations of 25(OH)D, PTH, and the plasma cytokines. Sex differences for physical characteristics and cytokine concentrations were assessed by two-sample t-test comparison or Mann–Whitney rank sum test when the assumption of normality was not met. All data are expressed as mean ± standard deviation unless otherwise specified. Simple and multiple linear regression analysis was used to determine significant relations using vitamin D status as the independent variable (predictor) and the selected cytokine concentrations as the dependent variable (response variables) with and without inclusion of season/month as a covariate. Concentrations of interest were logarithmically transformed, when deemed appropriate (ie, when the sample was not normally distributed), to better describe the relative relationships involved. Alpha was set at 0.05.

**Results**

The participants’ descriptive characteristics are shown in Table 1. All were well-trained runners living in Baton Rouge, LA (latitude = 30° 27’ N) who reported training between 30 and 85 km/week. All participants completed the dietary and controlled running regimen as assigned.

Results for vitamin D, PTH, and cytokine concentrations are reported in Table 2; these did not differ by sex. Eight (five male, three female) of the 19 participants (42%) exhibited 25(OH)D concentrations below 32 ng/mL, a commonly accepted threshold for insufficiency; and two participants (both male) had concentrations below 20 ng/mL, the accepted threshold for deficiency. PTH concentrations ranged from 15–48 pg/mL and were within the normal range (12–65 pg/mL).

**Relation between vitamin D status, PTH concentration, and/or athlete characteristics**

Vitamin D status was not correlated with PTH concentration ($R^2 = 0.0075, P = NS$) and was not associated with age, height, weight, body fat percentage, or VO$_2$ max. However, vitamin D status was significantly associated with training load (Table 1).

**Table 1 Physical characteristics of the 19 male and female endurance runners**

<table>
<thead>
<tr>
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<th>Male (n = 9)</th>
<th>Female (n = 10)</th>
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<tbody>
<tr>
<td>Age (years)</td>
<td>27.4 ± 9.4</td>
<td>29.1 ± 7.5</td>
</tr>
<tr>
<td>Height (cm)</td>
<td>177.3 ± 7.4</td>
<td>163.5 ± 4.1*</td>
</tr>
<tr>
<td>Weight (kg)</td>
<td>68.8 ± 3.9</td>
<td>56.2 ± 4.9*</td>
</tr>
<tr>
<td>Body fat (%)</td>
<td>13.3 ± 2.4</td>
<td>20.6 ± 2.3*</td>
</tr>
<tr>
<td>BMI (kg/m$^2$)</td>
<td>22.0 ± 1.6</td>
<td>21.0 ± 1.1</td>
</tr>
<tr>
<td>VO$_2$ max (mL/kg/min)</td>
<td>62.4 ± 4.9</td>
<td>53.2 ± 5.4*</td>
</tr>
<tr>
<td>Training (miles/week)</td>
<td>30.8 ± 7.5</td>
<td>34.7 ± 12.2</td>
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*Note: *$P < 0.05$ compared with males.  
**Abbreviation:** BMI, body mass index.
aerobic capacity, weekly training volume, weight, body fat percentage, self-reported vitamin supplementation, and season or month tested (P = NS; data not shown).

By simple correlation, 25(OH)D concentration was significantly inversely correlated with the circulating concentration of TNF-α (R² = 0.41, P = 0.004) (Figure 1A) but was not correlated with IFN-γ, IL-4, and IL-10 (data not shown, P > 0.05). The relation between 25(OH)D concentration and TNF-α remained after adjustment for both month and season tested (R² = 0.40 and 0.39, respectively, P < 0.01). In a linear regression model, which included 25(OH)D concentration as the dependent variable and the cytokines as the independent variable (Model R² = 0.50), TNF-α was the only significant variable (P = 0.015).

Additionally, due to the nature of the distribution of cytokine and 25(OH)D concentrations, data were log transformed. Following log-transformation, regression analysis for TNF-α and 25(OH)D concentrations (Figure 1B) revealed a better fit model (R² = 56.5, P < 0.001) that resulted in a greatly improved residual distribution over the simple regression (Figure 1B) and better represented the relative nature of the relation. Further log-transformed regression analyses for the remaining cytokines were not significant, R² = 0.03, 0.01, and 0.01 (P = NS) for IFN-γ, IL-4, and IL-10, respectively (not shown).

### Discussion

The purpose of this pilot study was to investigate the regulation of specific pro- and anti-inflammatory cytokines as they relate to vitamin D status in well-trained endurance athletes. We hypothesized that serum 25(OH)D concentration would be inversely associated with the pro-inflammatory cytokines TNF-α and IFN-γ and directly associated with the anti-inflammatory cytokines IL-4 and IL-10. We discovered a surprisingly high prevalence of vitamin D insufficiency (42%) in this population of distance runners and a significant inverse association between 25(OH)D and TNF-α concentrations. Further, the regression curve representing this relation visibly steepened sharply as 25(OH)D concentrations began to drop below 30–32 ng/mL. Vitamin D status was not found to be associated with IFN-γ, IL-4, or IL-10, which could be reflective of a relatively low level of cytokine production in our healthy athletic population at rest.

The prevalence of vitamin D insufficiency and its potential health risks are well-characterized for the general population, but research on athletic populations is lacking. A study of French cyclists training 16 hours/week in Montpellier, France (43.6° N), found that the group was, on average, only borderline sufficient (25(OH)D = 32.4 ± 6.4 ng/mL; mean ± standard deviation) at the end of the competitive season. Another study of 93 middle eastern sportsmen, many of whom trained outdoors, found that 91% were vitamin D deficient (25(OH)D < 20 ng/mL). Several other studies in mostly indoor athletes (gymnasts, dancers, basketball players) found that between 37% and 73% had low vitamin D status, although the thresholds for deficiency were remarkably low at <15 and <10 ng/mL in two of these studies. As reported previously, our observed prevalence of insufficiency is in agreement with existing literature in the general population, but was nonetheless surprising considering the outdoor nature of endurance running and the southern location where our participants lived and trained (Baton Rouge, LA, latitude = 30° 27’ N). Since the quantity of UV-B photons in midday sunlight is sufficient to stimulate endogenous vitamin D synthesis throughout the year in the southern part of the United States (latitudes <35°), insufficient status in our runners was most likely explained by training time in relation to peak sun exposure. Most likely our athletes – similar to the aforementioned middle eastern sportsmen34 – avoided training near solar noon and trained in the early morning or early evening when vitamin D is not likely to be synthesized even at latitudes close to the equator. It is also possible that our group of runners were habitual sunscreen users, which is known to inhibit endogenous vitamin D synthesis. In contrast to our findings, we also expected higher vitamin D status in endurance-trained athletes due to their higher energy needs, which we expected would increase intake of energy and macronutrients including vitamin D.

A second major finding of this study was the inverse association between 25(OH)D and TNF-α concentrations in healthy endurance-trained runners. We elected to investigate the relation between vitamin D status and selected cytokines because intense bouts of exercise are known to

### Table 2 | Vitamin D, parathyroid hormone (PTH), and cytokine concentrations in endurance-trained athletes

<table>
<thead>
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<th>Male (n = 9)</th>
<th>Female (n = 10)</th>
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<tbody>
<tr>
<td>25(OH)D (ng/mL)</td>
<td>33.8 ± 14.0</td>
<td>43.1 ± 19.3</td>
</tr>
<tr>
<td>PTH (pg/mL)</td>
<td>26.4 ± 9.9</td>
<td>28.8 ± 6.9</td>
</tr>
<tr>
<td>TNF-α (pg/mL)</td>
<td>12.7 ± 11.9</td>
<td>8.9 ± 6.9</td>
</tr>
<tr>
<td>IFN-γ (pg/mL)</td>
<td>5.0 ± 3.3</td>
<td>8.1 ± 9.2</td>
</tr>
<tr>
<td>IL-4 (pg/mL)</td>
<td>57.3 ± 54.1</td>
<td>75.0 ± 80.5</td>
</tr>
<tr>
<td>IL-10 (pg/mL)</td>
<td>3.8 ± 4.2</td>
<td>5.7 ± 5.8</td>
</tr>
</tbody>
</table>

**Note:** No differences were found between male and female athletes.

**Abbreviations:** 25(OH)D, 25-hydroxyvitamin D; PTH, parathyroid hormone; TNF-α, tumor necrosis factor alpha; IFN-γ, interferon-gamma; IL, interleukin.
transiently alter circulating cytokines – to a degree similar
to that induced by trauma or severe infection. Furthermore,
alterations in the inflammatory cytokines occur to a variable
degree in similarly trained individual athletes, and are
hypothesized to play a role in immune suppression, injury
risk, and overtraining syndrome. Because TNF-α is
produced by a variety of cell types, including macrophages,
monocytes, T-cells, smooth muscle cells, adipocytes, and
fibroblasts, it is difficult to discern the tissue source or
mechanism for the elevated circulating TNF-α concentration
at rest. Interestingly, in the current study, circulating TNF-α
concentration was not linearly elevated with decreasing
25(OH)D concentration but rather abruptly higher in those
with insufficient vitamin D status (lower than 30–32 ng/mL).
Our results are in agreement with in vitro and animal studies
showing that vitamin D is capable of suppressing TNF-α
synthesis, and in further support of previous cross-sectional studies finding a negative association between vitamin D status and TNF-α in healthy young women, and in patients with congestive heart failure. In further support, several clinical trials in patients with chronic disease have found that vitamin D supplementation (which improves status) lowers TNF-α concentrations. The reason for the lack of an association with vitamin D and circulating concentrations of other cytokines in the current study is not known but is nevertheless in agreement with the aforementioned study by Peterson and Heffernan who also did not observe an association between vitamin D status and IL-10, despite the observed association with TNF-α. In contrast, not all studies in healthy non-athletic populations

**Figure 1 (A)** Initial regression equation and 95% confidence interval (CI) of relation between vitamin D status [25(OH)D] and TNF-α concentrations. This was determined to be a poor model due to abnormal distribution of residuals. **(B)** Log-transformed regression equation and 95% confidence interval of relation between vitamin D status [25(OH)D] and TNF-α concentrations.

**Note:** For every 72% increase in 25(OH)D concentrations, TNF-α concentrations were cut in half.

**Abbreviations:** 25(OH)D, 25-hydroxyvitamin D; TNF-α, tumor necrosis factor alpha.
have identified an association between low vitamin D status and elevated concentrations of TNF-α.\textsuperscript{20–22}

The significance of the elevated resting TNF-α concentration in healthy athletes with insufficient vitamin D status is not known. Although TNF-α is thought to serve as a trigger for tissue repair and generation,\textsuperscript{51} it is also known to be a powerful muscle-wasting cytokine at chronically elevated concentrations.\textsuperscript{14} For example, TNF-α is shown to promote osteogenesis and migration of muscle-derived stromal cells and osteogenic differentiation at low concentrations, but this function is inhibited at high concentrations.\textsuperscript{15} Elevated TNF-α is also implicated in the delayed appearance of regenerating fibers in injured myocytes\textsuperscript{16,52} and in ischemia/reperfusion injury of cardiac muscle.\textsuperscript{17} Furthermore, in cardiac muscle, mice devoid of cardiac TNF-α (ie, TNF-α knockout mice) were found to be more resistant to ischemic/reperfusion injury than wild type mice,\textsuperscript{17} and treatment of rat heart with a TNF-α antibody before ischemic injury decreased the severity of injury and improved functional recovery.\textsuperscript{33}

Currently, there is limited evidence directly linking compromised vitamin D status with increased risk or severity of sports-related inflammation or injury, or with overtraining syndrome. Quite curiously, the earliest recognition of such a link was alluded to in a German report in the 1950s that observed that athletes experienced a significant reduction in chronic pain due to sports injuries following an extensive six-week program of irradiation with a “central sun lamp” (on both sides of their bodies for up to 10 minutes, twice a week).\textsuperscript{54} Moreover, preliminary data from a study by Shindle and colleagues\textsuperscript{55} reported that professional football athletes who sustained a muscle injury had significantly lower vitamin D status than did teammates without muscle injury (19.9 vs 24.7 ng/mL, respectively). In contrast, a recent study by Barker and colleagues\textsuperscript{22} did not find that elevated circulating concentrations of TNF-α or other inflammatory cytokines were associated with the delayed recovery of vitamin D insufficient (25(OH)D < 30 ng/mL) patients following anterior cruciate ligament repair as compared to patients with sufficient status (25(OH)D < 30 ng/mL). Thus, while it is certainly speculative that cytokine dysregulation due to insufficient vitamin D status has the potential to promote muscle damage and increase risk for injury in athletes, our data support the need for future studies to further evaluate the link between low vitamin D status and elevated TNF-α — as well as other cytokines — and to determine whether vitamin D supplementation, which improves status, modulates inflammation in athletes undergoing intense training.

Although this study presents compelling and novel findings on the relation between vitamin D status and inflammation in an athletic population, the retrospective nature limited some aspects of data collection. Specifically, vitamin D intake, sunscreen use, or time spent training during peak sunlight were not assessed, which would have provided insight into reasons for the observed high prevalence of vitamin D insufficiency. Furthermore, we were not able to collect longitudinal data on the incidence of training-associated injury. In addition, the 36-hour controlled rest period prior to blood draws may or may not be representative of the typical physiological state of an athlete in training. For example, while cytokines were measured a minimum of 36 hours following the last bout of exercise to avoid the potential for elevated cytokine profile due to recent intense exercise, it could be argued that such a state is not the typical physiological state for an athlete in training. Thus, the cytokine profiles under typical training conditions, which likely do not return to resting baseline between training sessions, should also be explored. Future investigations into the exercise-induced response of pro- and anti-inflammatory cytokines with respect to vitamin D status should provide further insight into the role of vitamin D in inflammatory modulation in athletes.

Conclusion
Our results call further attention to the epidemic of vitamin D insufficiency, and support a possible link between decreased vitamin D status and increased concentrations of the inflammatory cytokine TNF-α. While the implications of this are not clear, future investigations should determine the possibility of vitamin D’s influence on immune system function in athletes and active individuals.

Acknowledgments
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Disclosure
The authors report no conflicts of interest in this work.

References
Vitamin D and cytokines


