

## Dr. L. Ray Matthews Pioneering Vitamin D Research Influential in FDA Approving an Increase to the Amount of Vitamin D for Milk and Milk Alternatives - July 2016



**DR. L. RAY MATTHEWS** - Associate Professor of Surgery

**Dr. L. Ray Matthews**, an associate professor of surgery and vitamin D researcher, has spent the last 2.5 years educating the FDA on vitamin D in Americans and its need for optimal health. The **U.S. Food and Drug Administration (FDA)** released a press release on July 15, 2016, announcing that effective July 18, 2016 that they were doubling the amount of vitamin D in milk and milk additives. Matthews has spoken at the FDA **4 times** with a **5th invitation** pending.

Matthews was the first person ever allowed to speak at the FDA on vitamin supplement. Dr. Matthews expertise was influential in persuading the FDA to make policy change concerning vitamin D.

**The U.S. Food and Drug Administration** approved an increase to the amount of vitamin D that may be added as an optional ingredient to milk, and approved the addition of vitamin D to beverages made from edible plants intended as milk alternatives, such as beverages made from soy, almond, and coconut, and edible plant-based yogurt alternatives. Vitamin D was already authorized for use in soy beverages, but today's approval increases the authorized amount for such beverages that are intended as milk alternatives.



Dr. Matthews third presentation at the FDA in Washington, D.C. on March 11, 2015



(L-R) Dr. Stephen M. Ostroff, Acting Commissioner FDA; Dr. L. Ray Matthews, Associate Professor, MSM; Carol M. Moulton, M.A., J.D., Director of OEEQ, FDA

### "CONCUSSIONS/TBI AND VITAMIN D" PRESENTATION AT THE FDA ON 1/19/16

*Dr. L. Ray Matthews was invited to speak at the FDA in Washington, D.C., on January 19, 2016 on "Concussions and Vitamin D" and was highly praised for his presentation. Dr. Matthews pioneered the use of vitamin D in preventing and treating concussions and sports injuries.*

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**Constituent Updates**

## FDA Approves an Increase to the Amount of Vitamin D for Milk and Milk Alternatives

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### Constituent Update

July 15, 2016

The U.S. Food and Drug Administration today approved an increase to the amount of vitamin D that may be added as an optional ingredient to milk, and approved the addition of vitamin D to beverages made from edible plants intended as milk alternatives, such as beverages made from soy, almond, and coconut, and edible plant-based yogurt alternatives. Vitamin D was already authorized for use in soy beverages, but today's approval increases the authorized amount for such beverages that are intended as milk alternatives.

Under the law, the FDA may approve the use of a food additive only after conducting a scientific safety review of the information provided in the petition to ensure that use of ingredients added to foods are safe for the general population. In this case, the FDA evaluated the projected human dietary exposure to vitamin D from foods and dietary supplements, safety data, and other relevant information and found these uses of vitamin D to be safe.

Vitamin D is a fat-soluble vitamin that is essential for human health. It comes in many forms. The two major forms are vitamin D2 and vitamin D3. Vitamin D without a subscript represents either vitamin D2 or vitamin D3 or both. The major function of vitamin D is to help with the absorption of calcium and phosphorus in the small intestine. Vitamin D deficiency can lead to abnormalities in bone metabolism, such as rickets in children or osteomalacia in adults. Excess intake of vitamin D can also be harmful, elevating calcium levels in the blood (hypercalcemia).

The approval, which amends existing food additive regulations, will allow manufacturers to voluntarily add up to 84 IU/100g of vitamin D3 to milk, 84 IU/100g of vitamin D2 to plant-based beverages intended as milk alternatives, and 89 IU/100g of vitamin D2 to plant-based yogurt alternatives.

Manufacturers may begin using the new amounts on July 18, 2016.

**For more information:**

- FR Notice: [Food Additives Permitted for Direct Addition to Food for Human Consumption: Vitamin D2 and Vitamin D3](#)

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## Dr. Matthews Second Vitamin D Talk at FDA on July 17, 2014



(L-R) Tim Parker, **Dr. Dick Gregory**, CDR Latonia Ford, and **Dr. Leslie Ray Matthews**



(L-R, 1st Row) - LCDR Deveonne Hamilton-Stokes, CDR Latonia Ford, Patricia Hopkins, CDR Adrienne Goodrich Doctor, and CDR Glendolynn Johnson. (L-R, 2nd Row) - **Dr. Christian Gregory**, **Dr. Leslie Ray Matthews**, **Dr. Dick Gregory**, John Bellamy, Brigadier General (Ret.) Arnold Gordon-Bray, LT Nuri Tawwab and LT Brutrinia Cain



## Feedback and Comments from **Dr. L. Ray Matthews** Four Vitamin D Presentations at the FDA:

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1. *“Just a note to say what a great event today’s lecture was. It was informative and generated a lot of questions from our audience. It also advanced appreciation of the great work being done by our clinicians in academic medical institutions and actively serving in the community.”*
2. *“I can’t tell you how much I appreciated your coming to speak to FDA today. I have been getting so many compliments on your presentation – many, many requests are coming in for your presentation”*
3. *“I also got feedback from CDC. They were also very interested in your presentation as well. In all, I got nothing but really positive feedback all the way around”*
4. *“All of your work is so needed, I appreciate being, in some small way, a help in helping you get the word out”*
5. *“I wanted to say Thank you, for inviting Dr. Matthews to enlighten the FDA community. I had the opportunity to sit in on his presentation, however, I had to leave for a meeting. I wanted to ask you for a copy of the slide presentation if Dr. Matthews, leaves one with you”*
6. *“Initially I planned to ask the physician about Vitamin D and its effect on dementia or Alzheimer’s, but I had to leave”*
7. *“Hello Dr. Matthews! It was a wonderful hearing you speak again on yesterday. Your presentation was very well received. It’s rare that we get very much audience participation at these events. As a non-scientist, I really appreciate your ability to make the science “accessible.” And the audience appreciated it, too ☺. It’s a fascinating topic and I wish you much success in your future research efforts. Thank you again! Take care!”*
8. *“Dear Dr. Matthews, The pleasure was all ours! Thank you very much for taking the time to present your seminar on this important topic to our audience. Indeed it was a great seminar! It was very well-received, as was evident by the interest and questions from the audience. It was a privilege to be part of candid conversations over lunch before the seminar with you”*
9. *“Indeed, we need to monitor our Vitamin D levels!”*
10. *“Ray: I can't thank you enough for your presentation at FDA yesterday. In addition to it being insightful and scholarly, it was information that will be readily used by all who attended. I have received nothing but positive feedback and will forward separately some of the comments I received. Thank you again on behalf of Acting Commissioner Dr. Stephen Ostroff and all of the Food and Drug Administration.” - Carol M. Moulton, Director of OEEO, FDA”*



## Feedback and Comments from **Dr. L. Ray Matthews** **Four Vitamin D Presentations at the FDA:**

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- 11.** *“Thank you very much for introducing Dr. L. Ray Matthews to the FDA today at the MLK celebration. His presentation was simply the most awesome lecture that I have ever witnessed in my sixty years here on this planet. I was equally awed to meet him in front of the elevator, with you, in Building 32 after lunch. I truly meant it when I told him that he is living at several quantum levels above mere mortals such as myself. Simply put, Dr. Matthews is the most impressive, and most humble, person that I have ever met. Thank you once again for bringing Dr. Matthews into our presence and sharing this experience with us.” - Thomas, FDA chemist*”
  
- 12.** *“Good afternoon, FYI – Attendance for the program was over 100 employees. (50 in the conference room and 62 employees participated remotely by Adobe Connect). As usual, Dr. Matthews’ visit to FDA always draws a large crowd who are very interested in his lecture on Vitamin D. The program was recorded and it would be nice if Dr. Matthews was able to look at it. Since this is a link provided by FDA, he may not be able to access the recording. When he visits FDA again, we will ensure he sees the video. Thanks for your assistance and kind regards from FDA--Joyce, FDA*”