

Commentator's response

The authors' suggestion that prisoners did not reach the Dietary Reference Intakes for many nutrients does not correspond with the data presented. It was not true with any vitamin. It was, however, true with some minerals. Dietary Reference Intakes (DRI) are population statistics that tell us little about individuals. DRIs are calculated to include the needs of the majority of the population. Most of the population "need" less than the DRI. The strength of this well designed study is that it suggests that some people respond to supplementation. DRIs were never designed to comment on this situation.

Professor David Benton