**Supplementary Table 1: Proportion of subjects with sufficient serum 25 (OH)D at different phases of supplementation (**Per protocol analysis)

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|  | **Phase-I****(12-W)** | **Washout****24-W** | **Phase-II****36-W** | **P value**  |
| **Group A (600 IU/day)** | 5/31 (16.1) | 4/31 (12.9) | 17/30 (56.7)c |  |
| **Group B (1000 IU/day)** | 20/35 (57.1)a | 17/34 (50.0)u | 27/33 (81.8)cu | <0.05 |
| **Group C (2000 IU/day)** | 35/36 (97.2)avx | 31/33 (93.9)vx | 32/33 (97.0)vx |  |
| **Group D (60,000 IU/month)** | 24/37 (64.9)awz | 24/35 (68.6)wz | 33/35 (94.3)cyw |  |

a: *p*<0.05 Baseline vs. Phase I; b: *p*<0.05 Phase I vs. washout; c: *p*<0.05 Wash out vs. Phase II; x: *p*<0.05 Group A vs. B; y: *p*<0.05 Group B vs. C; z: *p*<0.05 Group C vs. D; VD sufficient >20ng/ml; Wald test; *p*<0.05 is considered as significant. \*: P value for group-by-time interactions