Table 1 Clinical and biochemical characteristics of the study groups of male and female Saudi Arabians

Parameter	Males (n = 87)		Females (n = 52)	
Mean (SD) age (years)	30.0	(8.5)	31.0	(7.2)
Mean (SD) BMI (kg/m²)	27.2	(2.3)	26.2	(2.4)
Mean (SD) blood pressure (mmHg)	77.5	(5.9)	72.0	(8.3)
% with regular sun exposure	65		68	
% with regular intake of dairy products	90		93	
Laboratory parameters [mean (SD) values]				
Haemoglobin (g/dL)	16.1	(1.5)	14.8	(0.9)
Random glucose (mmol/L)	5.8	(0.5)	5.5	(0.6)
Urea (mmol/L)	4.2	(2.7)	5.1	(1.5)
Creatinine (mmol/L)	85.6	(12.5)*	56.6	(14.8)
Uric acid (µmol/L)	200.3	(64.8)	191.4	(46.3)
Calcium (mmol/L)	2.12	(0.08)	2.14	(0.07)
Phosphorous (mmol/L)	1.10	(0.15)	1.01	(0.20)
Alkaline phosphatase (U/L)	93.1	(29.6)	74.4	(19.2)
ALT (U/L)	46.1	(10.6)*	28.1	(7.0)
Total protein (g/L)	74.6	(4.4)	68.8	(4.9)
Albumin (g/L)	42.7	(2.4)	39.3	(3.3)
PTH (pg/mL)	67.0	(35.3)*	47.5	(19.6)
25(OH)D (ng/mL)	10.1	(4.6)	9.9	(4.5)

*$P < 0.05$.
PTH conversion factor: pg/mL × 0.1053 = pmol/L; 25(OH)D conversion factor: ng/mL × 2.5 = nmol/L.
SD = standard deviation; BMI = body mass index; ALT = alanine transaminase; PTH = parathyroid hormone; 25(OH)D = 25-hydroxyvitamin D.