

Introduction: Vitamin D is a fat-soluble vitamin that is found naturally in a few foods, or added to other food as a fortified food and is also available as a nutritional supplement. While calcium is a mineral that is most frequently linked to strong bones and teeth and could be found in milk, cheese and other dairy products. On the other hand, no effect on reducing the risk of fractures was found in (3 studies ) while 6 studies did not show any effect on BMD or osteoporosis improvement among post-menopausal women. In addition, several studies supported the use of sufficient vitamin D and calcium dietary intake and supplements among post-menopausal women in reducing the risk of fractures (7 studies ) and in the improvement of BMD and osteoporosis (9 studies ). Results: According to this review, 11 studies showed that vitamin D and calcium deficiency are high among post-menopausal and it is associated with decreased BMD and increased risk of osteoporosis. In addition, post-menopausal women are more susceptible to osteoporosis, which occurs when bone mineral density declines, as a result, there may be an elevated risk of fractures. Investigated studies include systemic reviews, randomized clinical trials, case-control studies, cross-sectional studies, and observational studies.