



Supplementary Figure: Ingestion of vitamin D3 enhances subsequent ex vivo responsiveness to dexamethasone for induction of IL-10 synthesis in healthy subjects. CD4+ T cells isolated prior to (day 0), or 1 or 3 days post ingestion of vitamin D3 were cultured with anti CD3 and IL-2 in the absence or presence of the indicated concentrations of dexamethasone for 7 days. Cells were then recultured for a further 48 hours with anti CD3 and IL-2 alone and then analysed for expression of IL-10 on day 0, day 1 (S1, S2) or day 3 (S3, S4) by intracellular cytokine staining and ELISA.