

THE ALL-IMPORTANT SUNSHINE NUTRIENT



VITAMIN D3

The human body naturally produces vitamin D3 from skin exposure to the sun. Due to seasonal changes in daylight, use of sunblock, working indoors, sun avoidance, and other various reasons, a lack of sun exposure leads to vitamin D deficiency.



Dosage – Normal blood levels of vitamin D3, as measured by the blood test serum 25(OH)D, is between 32-100 ng/mL. Researchers believe that at least a 40 ng/mL serum level is optimal. 2,000 IU of vitamin D is the lower recommendation that may elevate blood levels to above 32 ng/mL. 4,000 IU of vitamin D is considered the typical dose to get blood levels to 40 ng/mL. However, 8,000-10,000 IU of vitamin D3 may be necessary to achieve optimal levels of 25(OH)D. 10,000 IU daily of supplemental vitamin D3 has been established as safe and tolerable.

Discussion – Modern research now confirms vitamin D's function as a unique hormone, which helps to modulate pain and inflammation, and supports proper blood sugar regulation, cardiovascular health, joint health, bone health, mental health, and immune health. Very conservative amounts of vitamin D were recommended in the past to prevent the disease Rickets. The new research now demonstrates that we need much higher amounts of supplemental vitamin D3 (4000-10000 IU) to raise 25(OH)D in our body to acceptable levels for disease prevention. These higher amounts of required supplemental vitamin D3 are directly related to modern man's lack of sun exposure.

Additional Recommendations– Vitamin D3 is recommended in addition to a quality multivitamin (AVED-Multi), fish oil containing the omega-3 fatty acids EPA & DHA (Clinical Omega 3), and magnesium (Mega Magnesium) to address the most prevalent nutrient deficiencies in the modern diet. Multivitamins typically contain 400 IU of vitamin D and do not supply adequate levels of vitamin D3.

Side-effects/Contradictions – Side-effects typically occur only when individuals have hypercalcemia. – an elevated calcium level in the blood. The most common symptoms of hypercalcemia are musculoskeletal and digestive pain/discomfort combined with fatigue and not feeling well. Vitamin D is contraindicated with hypercalcemia-causing conditions, such as hyperparathyroidism, multiple myeloma, hyperthyroidism, granulomatous diseases such as sarcoidosis, and the use of thiazide diuretics.

VITAMIN D SUPPLEMENTS AVAILABLE

Clinical D3 5,000 IU - Product number 0107

Ultra K2D3 2,000 IU - Product number 3621

Mega D 1,000 IU - Product number 0106

0106-0001-LL

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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