VITAMIN D

Today's Research

Background Information

Vitamin D is appearing to be a truly critical hormone for the body. Far more than what was first thought. As we age, the ability to produce the vitamin decreases.

Vitamin D deficiency is an epidemic in the developed world that is receiving more attention.

People with darker skins need greater sun exposure to produce the necessary amounts of Vitamin D.

This vitamin is a naturally occurring photo-chemically produced steroidal molecule which is essential in homeostasis, including calcium metabolism, cell proliferation, cardiovascular dynamics, immune balance and neurological function.

The reduced cellular function and impact on the functions listed above which occurs with a failure to maintain a healthy level of vitamin D promotes the development of diseases. It is involved in the manifestation of diverse conditions such as depression, osteoporosis, hypertension, cardiovascular disease, cancer, epilepsy, diabetes and migraine.

How Do You Get Vitamin D? Can You Get It From Food?

We have two practical options for increasing Vitamin D levels in the body, either oral supplementation and or exposure to ultraviolet radiation. Vitamin D is both a pro-hormone and a vitamin that the body can manufacture with the aid of sunlight.

It is also found in some foods, including fish, fortified milk and egg yolks.

Tanning beds can give you the UV exposure you need to create Vitamin D. This form of UV exposure can come with risks to the health of your skin.

So, if you don't get enough sun exposure to make an adequate amount of Vitamin D for healthy function you will need to supplement.

How Much Vitamin D Should You Take?

Until proven otherwise, the balance of the research clearly indicates that oral supplementation in the range of 1,000 IU/day for infants, 2,000 IU/ day for children and 4,000 IU/ day for adults is safe and reasonable to meet physiologic requirements, to promote optimal health and to reduce the risk of several serious diseases.

Safety and effectiveness of supplementation are assured by periodic monitoring of your blood levels. The proposed optimal range is 40-65 ng/ml or 100-160nmol/L.