

Fact Sheet On Vitamin D



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DISCLAIMER: This Fact Sheet Does Not Constitute Medical Advice. This sheet is a compilation of recommendations by top researchers. These recommendations may or may not apply to your individual health condition. The information should be used in conjunction with the guidance and care of your physician. Please see a health professional before taking any supplements and inform him of any medications and medical conditions that you may have.

Introduction to Vitamin D

Vitamin D is finally being rediscovered as the health giving nutrient that it is. It seems that every day there is a new study telling about a new benefit that vitamin d has on your health. But while doctors today are finally realizing its importance, doctors over a hundred years ago were already using vitamin d as the **MAINSTAY** of their hospitals. These Sanitoriums boasted excellent success **CURING** people of fatal illnesses such as tuberculosis- using only the power of the sun and its life giving vitamin d.

Today, as doctors warn to stay out of the sun and chronic illnesses are becoming more and more prevalent, vitamin d is again in the spotlight. From **MOUNDS** of studies, we are discovering that up to 85% of people in western countries- including teenagers and pregnant and lactating women- are Vitamin D deficient; sometimes severely so! And with this severe vitamin d deficiency, we are only now realizing the connection between vitamin d deficiency and almost every chronic illness imaginable, such as:

- Breast Cancer
- Colon Cancer
- Diabetes
- Multiple Sclerosis
- Osteoporosis

And much more. Researchers are making recommendations that doctors are being **EXTREMELY** slow to do anything about. This paper is an attempt to summarize the important practical aspects of taking Vitamin D properly and safely. Resources are given at the end for detailed information about the health benefits of Vitamin D and why it's important to be concerned about vitamin d for the rest of your life.

Sincerely,

Kerri Knox, RN

<http://www.easy-immune-health.com>

<http://www.side-effects-site.com>

Who Should And Should Not Take Vitamin D

Who SHOULD Take Vitamin D		You Should NOT take Vitamin D if:
Your Age	All ages from Newborn to the Elderly	<ul style="list-style-type: none"> • You have a High Calcium Level • You have hyper-parathyroidism (this is NOT the same as hyper-thyroidism) • You are tanned and bronzed all over from being in the sun • Your Vitamin D Level is within the recommended levels and you did not take Vitamin D to get it there • You have calcifications
Your Gender	Male or Female Pregnant, lactating or not	
Your weight	Normal, thin or obese	
Your medical Conditions	<p>Whether you have no medical conditions or any medical conditions. See right column for list of medical conditions that should NOT take vitamin D.</p> <p>For all other conditions it is fine- INCLUDING kidney failure and dialysis with NORMAL calcium levels.</p>	<ul style="list-style-type: none"> • High Calcium Levels • ActiveHyper-Parathyroidism • Sarcoidosis • Tuberculosis • Calcifications • Allergy to Vitamin D

Vitamin D Levels

<p>Who Should Get Their Vitamin D Levels Tested</p> <p>How to get your Vitamin D Level Tested</p>	<ul style="list-style-type: none"> • Ideally Everyone should be tested every 3 months until levels are within the recommended ranges for 2 consecutive tests. After that, once per year with your annual physical • Ask Your Physician specifically for a: 25 (OH)D Level - Also called a Hydroxyvitamin D Level • Get an In-Home Blood Spot Test mailed to you from the Vitamin D Council No blood draw necessary
<p>What Should Your Vitamin D Level Be*</p> <p>(*please ignore the 'normal' range on the lab sheet from the doctor's office or hospital as these not up to date)</p>	<ul style="list-style-type: none"> • 40-60 ng/ml (nanograms per milliliter) OR • 125 -189 nm/L (nanomoles per liter)**! <p>** From Dr. Cannell of the Vitamin D Council</p> <p>! Look to see which units your lab uses</p>
<p>Excess Vitamin D and Overdoses</p>	<ul style="list-style-type: none"> • Excess Vitamin D: Having your level Greater Than 100 ng/ml OR 316 nm/L Is considered Excessive. • Toxic Levels: Most sources say that your Vitamin D level need to be over 150 ng/ml in order for toxicity to occur. Other sources believe it is as high as 250 ng/ml <p>If you stay within the recommended Vitamin D Dosages and get your levels tested every 3 months until they are within the normal range, then your chance of a Vitamin D Overdose is virtually non-existent!</p>

Vitamin D Deficiency Treatment

<p>Standard Vitamin D Deficiency Treatment</p> <p>For levels less than the recommended 50 to 80 ng/ml</p> <p>What FORM of Vitamin D Should You Take</p>	<ul style="list-style-type: none"> • 50,000 IU's per week * <li style="text-align: center;">OR • Up to 10,000 IU's per day** <p>*Dr. Michael Holick ** 'The Use of Vitamin D in Clinical Practice'</p> <ul style="list-style-type: none"> • Vitamin D3 – also called Cholecalciferol – Prescription Vitamin D is called Ergocalciferol or Vitamin D2 • Do NOT take Prescription Vitamin D2 *** <p>***'The case against ergocalciferol (vitamin D₂) as a vitamin supplement'</p>
<p>What about Overdosing !?</p>	<p>There has NEVER been a recorded case of overdose in an adult on dosages of 10,000 IU's per day or less taken for YEARS at a time.</p> <p>Children with rickets will get a dose of 600,000 IU's all at once! And in East Germany for over a decade, it was routine to give all newborn babies a dose of 600,000 IU's all at once.</p> <p>Vitamin D Overdose is extremely rare.</p>

Vitamin D Maintenance Dosage*

This means this is a daily dose once your level is within the recommended levels

<ul style="list-style-type: none"> Children and Teenagers * 	Less than 1 Year old	<ul style="list-style-type: none"> A total of 1000 IU's per day from all sources 1000 IU's per day if breastfed and mother is taking less than 4000 IU's per day None if breastfed and mother is taking 4000 IU's per day or more
	1 Year to 10 Years	<ul style="list-style-type: none"> 1000 IU's for every 25 pounds of body weight
	10 Years or Older	<ul style="list-style-type: none"> See adult Guidelines
<ul style="list-style-type: none"> Women 		<ul style="list-style-type: none"> Enough to keep Vitamin D Levels 'around' 50 ng/ml (158 nm/L) * – usually between 3800 to 5000 IU's per day
<ul style="list-style-type: none"> Men 		<ul style="list-style-type: none"> Enough to keep Vitamin D Levels 'around' 50 ng/ml (158 nm/L)* - usually about 5000 IU's per day
<ul style="list-style-type: none"> The Elderly 		<ul style="list-style-type: none"> Enough to keep Vitamin D Levels 'around' 50 ng/ml (158 nm/L)* - usually between 3800 to 5000 IU's per day
<ul style="list-style-type: none"> Pregnant and Lactating Women 		<ul style="list-style-type: none"> 4000 to 6000 IU's per day*
<p>What about Overdosing! These dosages are almost TEN TIMES the RDA for Vitamin D?!</p>		<p>There has NEVER been a recorded case of overdose in an adult on dosages of 10,000 IU's per day or less taken for YEARS at a time.</p> <p>Children with rickets will get a one-time dose of 600,000 IU's! And in East Germany for over a decade, it was routine to give all newborns babies a dose of 600,000 IU's all at once.</p> <p>Vitamin D Overdose is extremely rare.</p>

*Recommendations from Dr. Cannell of the Vitamin D Council Website

Side Effects of Vitamin D And What to Do About Them

Symptoms	What to Do About Them
<p>Allergic Symptoms</p> <ul style="list-style-type: none"> • Itching • Rash • Hives • Difficulty Breathing 	<ul style="list-style-type: none"> • If severe. This could be a true allergic reaction. Stop taking Vitamin D and notify your doctor. You may need to sunbathe to get your vitamin D • If mild and there is no difficulty breathing. You may be allergic to an ingredient in the capsules. Try a different brand with different ingredients.
<p>Magnesium Deficiency Symptoms</p> <ul style="list-style-type: none"> • Headache • Muscle Cramps • Heart Palpitations • Anxiety • Insomnia • Constipation 	<p>Magnesium is used up to convert Vitamin D into its active form in the blood. If you have these symptoms, then adding a magnesium supplement will often remedy these symptoms. You can take:</p> <ul style="list-style-type: none"> • Jigsaw's Health's Advanced Daily Packs with 5000 IU Vitamin D & 500 mg magnesium <p>OR</p> <ul style="list-style-type: none"> • Jigsaw Health Extended Release Magnesium <p>OR</p> <ul style="list-style-type: none"> • Use Transdermal Magnesium Gel or Oil <p>See how to take magnesium on the Magnesium Dosage Page here.</p>
<p>Possibly Rancid Oil in the Supplement</p> <ul style="list-style-type: none"> • Bad Taste in the Mouth • Metallic Taste • Mild Rash • Feel bad or just 'not right' • Get Sleepy • Frequent Urination 	<p>It's Likely that the oil used to pack the vitamin d has gone rancid. Even if the capsule has a 'freshness date', there is no way to know how long the oil was sitting in storage before it was packed.</p> <ul style="list-style-type: none"> • Get a 'Dry' Supplement that is not packed in oil like this High Quality 5000 IU Vitamin D Supplement

Symptoms	What to Do About Them
<p>Pain</p> <ul style="list-style-type: none"> • Bone Pain • Any Worsening Pain • Deep Aching • Low Back Pain • 'Kidney' Pain 	<p>This worsening pain likely means that your bones are depleted of calcium from having been Vitamin D Deficient for a VERY long time and you probably need vitamin d even MORE than the average person!</p> <ul style="list-style-type: none"> • Don't panic or worry • Take your vitamin d when you can get some rest for a day or two • Take pain relievers as needed • Take warm Epsom salt baths (which will give you extra magnesium too) • Be gentle with yourself and know that in a few days to a few weeks the pain will be over and your vitamin d deficiency will be improved
<p>Gastrointestinal Problems</p> <ul style="list-style-type: none"> • Nausea • Vomiting • Heartburn • Upset Stomach 	<ul style="list-style-type: none"> • Take your Vitamin D with food • Make sure that the oil in your supplements isn't rancid by getting supplements packed "Dry"- meaning without oil like this High Quality 5000 IU Vitamin D Supplement
<p>Overdose vs Side Effects</p>	<p>None of the above symptoms mean that you have overdosed on vitamin d. If you have taken less than 10,000 IU's per day for a long period of time OR less than ONE MILLION IU's, then these symptoms are SIDE EFFECTS of vitamin d and they are not OVERDOSE SYMPTOMS!</p> <p>If you think that you HAVE overdosed, then immediately go to your doctor or the emergency room and get a Vitamin D Level and a Serum Calcium Level.</p> <p>Overdose on vitamin d is extremely rare and adverse reactions are not the same as overdose.</p>

Vitamin D Resources

<p>Purchase Vitamin D3 Supplements</p> <p>Comprehensive Vitamin D Reports. Excellent resources for doctors or for those who want to know the 'technical details' and science.</p>	<p>High Quality 5000 IU Vitamin D Supplements</p> <p>Whole Food Multivitamin with : 5000 IU's of Vitamin D and 500 mg of Magnesium</p> <p>'Vitamin D- a Neglected Analgesic'- Report about Vitamin D and its use for pain. (free PDF)</p> <p>'The Use of Vitamin D in Clinical Practice' – A teaching paper by doctors for doctors. Very detailed information about Vitamin D. (free PDF)</p>
<p>Vitamin D Testing without your doctor</p>	<p>Vitamin D Council's Blood Spot Testing</p>
<p>Get Your Questions Answered about Vitamin D</p>	<p>Easy Immune Health Website</p>

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