

Why Should I Do a Vitamin D Test?

1. Because studies have clearly shown that the population has become severely deficient in Vitamin D over the last 20 years. This is due to the widespread misconception that the sun's rays are harmful, damaging and should be avoided.
 - ◆ Vitamin D is made from sun exposure to the skin. Things like fabric, glass and sun block prevent Vitamin D production.
2. Cancer Prevention – healthy Vitamin D levels (45-100 ng/ml) decrease the incidence of ALL forms of cancer by 30-60%. There is a huge database of studies documenting this.
 - ◆ There are over 2,000 papers already published on the incredible cancer protective effects of healthy levels of Vitamin D. Go to www.vitaminDcouncil.com for more information.
3. Mood support, natural antidepressant and overall mental health and brain function. All forms of mood disorders and cognitive functions have responded positively to optimizing Vitamin D levels. Read about the studies at www.vitaminDcouncil.com.
4. Immune system support and protection from or reversal of autoimmune disorders. The immune system cannot function normally without optimal vitamin D levels, and autoimmune disorders have been clearly related to deficiency in this vitamin. Read more about this at www.vitaminDcouncil.com.
5. Prevention and Treatment of Cardiovascular Disease, Diabetes, Osteoporosis, Arthritis, Multiple Sclerosis and other degenerative diseases. It's all well studied, proven and documented. Go to the website listed above.
6. Male and female steroid hormone balance, overall energy, stamina, libido and performance enhancement. When Vitamin D is fully activated by the liver and kidneys, it becomes a steroid hormone.

Tips on Vitamin D Supplementation & Testing

1. The correct test to order is 25-OH-Vitamin D. All blood labs perform this test. The best price is usually from www.directlabs.com.¹
2. The optimal levels of vitamin D to achieve are 45-100 ng/ml. Most lab values allow the ranges to go much lower than that.
3. To bring your vitamin D levels up to optimal ranges, take 15,000-20,000 IUs of Vit D3 which is cholecalciferol for 3-4 weeks and then retest. You can add sun exposure as well. At www.vitaminDcouncil.com, see the section on Treatment, for more specific ongoing information. Daily recommended intake of Vitamin D is 2,000-4,000 IUs or more, depending on your sun exposure or lack thereof.
4. Vitamin D works with, and must be in balance with, bioavailable and ionizable calcium (*such as calcium lactate*) and vitamin F (*EFAs and other fat soluble vitamins*) to perform its important functions. This is not yet well understood in the research literature, but your Standard Process practitioner knows what to do.
5. Ask your health care practitioner for guidelines as to what type of supplements to use, since there can be considerable variation in quality among supplement brands.

¹ Directlabs.com is an online lab from which any blood test can be ordered by a doctor or patient. They will direct you to a local lab for the blood draw. They usually have the best prices.