

Vitamin D



What is it?

Vitamin D is the hormone precursor that contributes to the maintenance of normal calcium and phosphorus in the blood.

Vitamin D is actually not a true vitamin but a conditional vitamin since the skin can create it under specific circumstances. It is also known as Calciferol.

Why do I need it?

Vitamin D is essential to the maintenance of strong bones. It works with our intestines and our kidneys to control the absorption and excretion of calcium and phosphorus. It has been shown to be important in the regulation of the growth of skin cells. That is why Vitamin D (or the sun) is important in the treatment of psoriasis.

Even though Vitamin D is made in our skin after exposure to the ultraviolet rays of the sun, it is essential that we not exclude it from the diet. The only real way to determine if you are Vit. D deficient is to measure the Calcidiol (25-hydroxy-Vitamin D) levels and they should measure between 40 and 60 ng/mL. Calcitriol (1,25 dihydroxy Vitamin D3) is made in the kidneys from Calcidiol and is the active hormone.

Deficiencies in Vitamin D cause rickets, a childhood disease characterized by the failure of growth and deformity of long bones, osteoporosis or osteomalacia, bone thinning disorder found only in adults. Vitamin D deficiency is endemic in dark skinned races living in high latitudes.

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Where do I find it?

The best sources of Vitamin D are foods that are fortified specifically for Vitamin D.

Tuna, canned in oil, 3 oz.	200 IU
Salmon, cooked, 3.5 oz.	360 IU
Whole egg, one	20 IU
Cod liver oil, 1 tablespoon (15cc)	1360 IU
Milk (per quart)	400 IU

How much do I need?

The recommended dose for a 25 year-old male is 5 micrograms/day or 200 units per day. This increases to 600 units per day by the age of 70. Obese people may have a problem because the vitamin is deposited in fat and is less bioavailable. Patients with renal failure or chronic liver disease may require increasing doses.

You need only very tiny amounts of these nutrients, but vitamins are absolutely essential for your health.

