



In the news: “Many New Englanders are learning they are Vitamin D deficient.”

An 8-ounce glass of Oakhurst Milk contains 100 IU of Vitamin D!

.....

Why are we Vitamin D deficient? Our skin makes Vitamin D from the UV rays of the sun. However:

- The sun is not strong enough in the northern latitudes for much of the year to make Vitamin D
- We cover up with sunscreen and clothes if we do go out in the summer
- We spend a lot of time doing indoor activities
- We do not drink enough milk—one of the few dietary sources of Vitamin D

Why should we be concerned? The incidence of many diseases is higher in the northern latitudes. A connection has been made to Vitamin D deficiency, which appears to be linked with:

- Low bone density
- Muscle weakness, increased risk of falling and fractures
- The risk and progression of some cancers (breast, prostate, ovarian and colon)
- Cardiovascular disease and high blood pressure
- Autoimmune diseases
- Possibly even the common cold (Vitamin D helps the immune system)



How much do I need? The current government recommendation is about 400 IU per day, but:

- Some prominent Vitamin D researchers suggest 1000 IU of Vitamin D from birth
- The National Osteoporosis Foundation suggests 800-1000 IU for people over 50

How will I know if I am getting enough? Get tested:

- The newer goal for blood levels of 25 (OH) Vitamin D is between 30-80 ng/ml for optimal health
- Symptoms of deficiency can be aching muscles and joints

Can I get too much? We used to think the upper safe intake was 2000 IU/day; however:

- Current research suggests it is over 10,000 IU /day

Any information provided is not intended to diagnose, treat, cure, or prevent any disease, or to give medical advice. Always consult your family health practitioner before altering your personal health regimen.

