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VITAMIN D INFORMATION SHEET

Our office has recently begun checking Vitamin D levels on all patients over age 10 years. As you may know, Vitamin D and calcium are responsible for strong bones and teeth, muscle coordination and a healthier immune system. We recommend 3-4 servings of calcium and Vitamin D per day. Even staying in the sun for 30 minutes one or two days per week during warm months will help to increase Vitamin D levels.

We have discovered that almost all of our patients are below the 30 - 50 nmol/L recommended level of Vitamin D. The exceptions are usually athletes who participate in outdoor sports on a daily basis. Prescription medicine is only a short term fix and by the time we recheck the levels in a year they are usually not significantly changed. Therefore in addition to the recommendations to ensure adequate servings of calcium and sun exposure we are recommending an over-the-counter Vitamin D3 supplement once daily depending on your/your child's Vitamin D level. These are easy to purchase and usually cost about \$8.00 for 400 gelcaps.

For Vitamin D levels between 8-20 we recommend 2000 IU of Vitamin D3 daily

For Vitamin D levels between 20-30 we recommend 1000 IU of Vitamin D3 daily

If there is a **significant** increase in dietary Vitamin D or sun exposure the dose can be adjusted accordingly.