

VITAMIN D DEFICIENCY

Your vitamin D deficiency treatment dose is 50,000 IU weekly x 8 weeks

Follow up lab test in 9 weeks.

Your vitamin D maintenance dose (after treatment is completed) is:

Individuals who do not have exposure to sunlight are at risk for vitamin D deficiency if they do not ingest adequate amounts of foods that contain vitamin D.

However, most dietary sources of vitamin D do not contain sufficient amounts of the vitamin to satisfy daily requirements. Foods thought to contain high amounts of vitamin D3 are oily fish, such as salmon, mackerel, and blue fish, as well as fortified milk and other dairy products

EG.

Fortified milk (8 oz) - 100 IU

- Fortified orange juice (8 oz) [5] - 100 IU
- Fortified cereal (1 serving) - 40-80 IU
- Pickled herring (100 g) - 680 IU
- Canned salmon with bones (100 g) - 624 IU
- Mackerel (100 g) - 360 IU
- Canned sardines (100 g) - 272 IU
- Codfish (100 g) - 44 IU
- . Swiss cheese (100 g) - 44 IU
- Raw shiitake mushrooms (100 g) - 76 IU
- Most multivitamins (1 tab) - 400 IU

Highest doses of Natural Vitamin D is supplied

Sunshine - 1 hour per day

Darker skin individuals need more sun to avoid vitamin d deficiency

Obesity increases risk vitamin D deficiency