



## Why take Vitamin D3 Supplement?

*“Vitamin D insufficiency affects almost 50% of the population worldwide. An estimated 1 billion people worldwide, across all ethnicities and age groups, have a vitamin D deficiency (VDD).” -PubMed, J Pharmacol Pharmacother. 2012 Apr-Jun; 3(2): 118–126.*

There are 2 types of Vitamin D: 1- Ergocalciferol (vitamin D2) and 2- Cholecalciferol (vitamin D3)

Vitamin D2 and D3 are not interchangeable. D2 is synthetic and prescribed by MD's where D3 is produced naturally in the body with UVB sun exposure or taken as a natural supplement.

Vitamin D is made in the skin when it is exposed to UVB light (sunlight), it is then transferred into D3 in the liver for utilization in the body's organs, tissues and glands. It is recommended to spend at least 2-3 times per week for 20 minimum with full body exposure or supplementation is required daily.

- Supports immune system function
- Supports optimal health
- Supports joint health and function
- Supports bone health
- Supports cardiovascular health
- Supports positive mood, memory and cognition
- Supports a healthy pregnancy
- Supports healthy blood sugar levels
- Supports healthy C-reactive protein levels
- Supports a balanced inflammatory response
- Supports balance
- Improves muscle strength
- Supports respiratory health
- Supports prostate health
- Supports breast health
- May help slow the aging process
- Supports brain function and development
- Wearing sunblock or sunscreen blocks the production of Vitamin D.
- During certain times of the year, in the winter months in New Mexico, Texas, Utah, Wyoming and Colorado, UVB rays are blocked, so even if you are spending time in the sun, your body cannot produce any Vitamin D.
- The older you are, the less Vitamin D you produce from UVB exposure.
- The darker your skin, the less Vitamin D you produce from UVB exposure.
- If you carry excess body fat, the Vitamin D you do make, gets moved in to the fat cells and is not available for your body to use.
- About 1/3 of Americans have a genetic trait that reduces their Vitamin D activity; get tested to see your levels!
- In Denver itself, ~75% of elderly people have suboptimal levels of Vitamin D.
- Most Vitamin D researchers agree that low levels of Vitamin D are levels that are less than 40 ng/ml of 25-hydroxy-Vitamin D.

- Most Vitamin D researchers agree that optimal levels of Vitamin D are between 50-80 ng/ml of 25-hydroxy-Vitamin D.
- There are Vitamin D receptors in every tissue and cell in the human body.
- Vitamin D regulates over 1000 different genes. Gene expression is the process in which information from a gene is transformed into biochemical the body needs to function optimally and stay healthy long term.
- Vitamin D supports a healthy immune response, helping to make sure that the immune system does not over-react or under-react.

***\*Note: Nothing is a miracle cure, but Vitamin D3 is necessary for the functioning of so many systems, organs, tissues, glands and your bodies genes, that improving health becomes much more difficult if you are deficient in or have less than optimal levels of this important nutrient most humans lack.***

**Resources:**

- 1- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3356951/>
- 2- <http://articles.mercola.com/sites/articles/archive/2012/02/23/oral-vitamin-d-mistake.aspx>
- 3- [http://www.naturalnews.com/045818\\_vitamin\\_D\\_supplementation\\_improved\\_health.html](http://www.naturalnews.com/045818_vitamin_D_supplementation_improved_health.html)
- 4- [http://www.naturalnews.com/045666\\_vitamin\\_D\\_infants\\_nutritional\\_supplements.html](http://www.naturalnews.com/045666_vitamin_D_infants_nutritional_supplements.html)
- 5- [http://www.naturalnews.com/045432\\_vitamin\\_D\\_osteoporosis\\_bone\\_health.html](http://www.naturalnews.com/045432_vitamin_D_osteoporosis_bone_health.html)

***For more information on Vitamin D testing:  
please ask Dr. Jodi at Conscious Sol Healing & Wellness Center  
720.560.5022  
www.ConsciousSol.com***