



OPTIMUM WELLNESS

NATURAL HEALTH SOLUTIONS

VITAMIN D3

Despite its name, vitamin D is not a regular vitamin. It's a steroid hormone that you get primarily from either sun exposure or supplementation. Researchers have pointed out that increasing levels of vitamin D3 among the general population could prevent chronic diseases that claim nearly one million lives throughout the world each year. Vitamin D also fights infections, including colds and the flu. A growing body of research suggests that vitamin D might play some role in the prevention and treatment of type 1 and type 2 diabetes, hypertension, glucose intolerance, multiple sclerosis, cardiovascular disease and may even support with fighting cancer. In adults, vitamin D deficiency can lead weakening of the bones. Symptoms of bone pain and muscle weakness can indicate inadequate vitamin D levels. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. Vitamin D sufficiency prevents rickets in children and osteomalacia in adults. Together with calcium, vitamin D also helps protect older adults from osteoporosis.

7 Signs You May Be Vitamin D Deficient

If any of the following apply to you, you should get your vitamin D levels tested sooner rather than later.

1. You feel "blue" **2.** You're 50 or older **3.** You're overweight or obese **4.** Your bones ache **5.** Head sweating **6.** You have gut trouble **7.** You have darker skin (darker skin reflects sunlight)

Dosing Recommendations if You Need to Take a Vitamin D Supplement

"I treat my patients, on average, with 3,000 units of vitamin D a day," Dr. Holick says. "It's been very effective. If you're obese, you need two to three times more vitamin D. But for my patients who are at a normal weight, usually 3,000 to 4,000 units a day is adequate to maintain a healthy blood level of 25-hydroxyvitamin D. I personally take 3,000 units a day.

Taking 4000 IU of Vitamin D daily

Researchers from the University of California, San Diego School of Medicine and the Creighton University School of Medicine published a paper in the journal "Anticancer Research" in February 2011. They found that daily intakes of 4,000 to

8,000 IU were needed to keep vitamin D levels within an optimal range. This range has been determined to cut the risk of breast cancer, colon cancer, multiple sclerosis and Type 1 diabetes in half.

Oil based Vitamin D

It is important that you take the right kind of vitamin D. Not all Vitamin D supplements are created equal. If you're going to take vitamin D, take a preparation that yields genuine and substantial rises in blood levels. This requires an oil-based capsule/dropper. The oil acts as a carrier to take the Vitamin D straight into your blood. **Take 2 drops daily of Optimum Wellness D3, on the tongue every morning.**



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