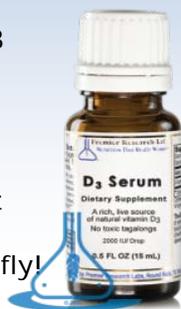


# Ennis Chiropractic Centre

The Ultimate in Neurostructural Correction

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D3 Serum 0.5 oz  
\$20.00  
Find it at Dragonfly!

Dr. Ennis recommends a D3 Supplement from *Premier Research Labs*, an oil base supplement for optimal bio-availability. Dose 1,000 IU in just one drop.

Oil based Vitamin D Supplements increase serum 1,25 dihydroxyvitamin D, 25(OH)D, the active form of vitamin D found in the body more than powder based supplements do.

## Ask Dr. Ennis what is the best way to get your level checked.

24(OH)D Blood Levels		
Vitamin D Levels	ng/ml	nmol/L
Severely Deficient	0 to 10	0 to 25
Deficient	11 to 20	26 to 50
Insufficient	21 to 32	51 to 81
Adequate	33 to 49	82 to 124
Optimum	50 to 65	125 to 163
High, but not toxic	55 to 100	164 to 250
Toxicity Possible	above 100	above 250

Optimal vitamin D intakes are considered to be much higher than is currently recommended, with at least 1,000 to 2,000 IU (25-50mcg) or higher daily.

Age Group	Recommended Dietary Allowance (RDA) daily	Tolerable upper intake daily
Infants 0-6 months	400 IU (10 mcg)*	1000 IU (25 mcg)
Infants 7-12 months	400 IU (10 mcg)*	1500 IU (38 mcg)
Children 1-3 years	600 IU (15 mcg)	2500 IU (63 mcg)
Children 4-8 years	600 IU (15 mcg)	3000 IU (75 mcg)
Children/ Adults 9-70 years	600 IU (15 mcg)	4000 IU (100 mcg)
Adults >70 years	800 IU (20 mcg)	4000 IU (100 mcg)
Pregnancy & Lactation	600 IU (15 mcg)	4000 IU (100 mcg)

\*Adequate intake rather than RDA

Vitamin D is a fat-soluble vitamin that is essential for health and maintaining strong bones. Known as the "sunshine vitamin", vitamin D is formed when skin is exposed to the sun's ultraviolet rays. It is also found in dietary supplements and certain foods.

There are two major types of vitamin D in humans. Vitamin D3 (cholecalciferol) is the type produced in the body in response to the skin's exposure to the sun. Vitamin D2 (ergocalciferol) is synthesized in plants. Both types must be converted in the liver and kidneys to the active form, 1,25 dihydroxyvitamin D, to be utilized in the body. Vitamin D3 is three times more potent and effective than the vitamin D2.

Since our main source of vitamin D comes from exposure to the sun's UVB rays, *The American Academy of Dermatology* advises that we obtain vitamin D from foods and supplements rather than UV exposure, because of the risk of skin cancer.

### **Health Benefits of Vitamin D**

- **Prevention of Osteoporosis (bone loss)** - The main function of vitamin D is to help the body absorb calcium and phosphorus in the small intestine. Calcium is needed to support bone mineralization (hardening of bones), cell functions, and proper nerve and muscle function.
- **Cardiovascular Disease risk reduction** - has been associated with higher levels of serum vitamin D. This has been seen with daily supplementation with 1,000 IU of vitamin D
- **Cancer prevention** - According to a meta-analysis published in the *American Journal of Preventative Medicine*, those with the highest level of vitamin D were less at a 50% lower risk of colorectal cancer.
- **Cold and Flu Prevention** - Observational studies have found that people who have low vitamin D levels are more likely to get respiratory infections or report having a recent cold or upper respiratory tract infection.
- **Weight Loss** - According to a study published in *Nutrition Journal*, 25mcg daily of vitamin D for 12 weeks in overweight and obese women induced a statistically significant reduction in fat mass compared to those taking a placebo.
- **Blood Sugar Regulation** - Vitamin D Deficiency is associated with higher insulin resistance, decrease insulin production and metabolic syndrome which increase your risk to develop Diabetes.

- Multiple sclerosis
- Dental cavities and gum disease prevention
- Fibromyalgia
- Psoriasis, acne and eczema
- Fatigue, low energy
- Pain (such as back pain, knee pain, neuropathy)
- Mood disorders including depression, seasonal affective disorder
- Autoimmune disorders such as diabetes, rheumatoid arthritis, Crohn's disease, ulcerative colitis.
- Thyroid and kidney disease
- Dementia

### **People Who May Be At Risk for Vitamin D Deficiency**

- People with limited sun exposure in northern cities, People who are homebound, People whose jobs or work hours limit their exposure to sunlight
- People who use sunscreen SPF 8.0 or higher
- Elderly lose their ability to produce vitamin D due to a decline in liver and kidney function.
- People who can't properly absorb fat (fat malabsorption) .Vitamin D requires some dietary fat in order to be absorbed in the small intestine. People with conditions that cause fat malabsorption, such as cystic fibrosis, celiac disease, Crohn's disease, and chronic liver disease, are more prone to vitamin D deficiency. People with kidney disease may not be able to convert vitamin D to its active form.

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