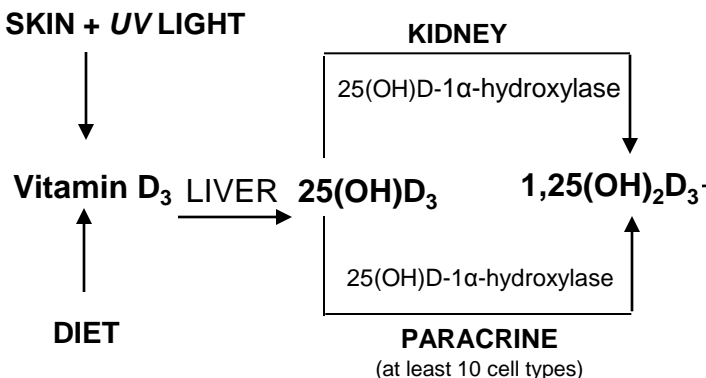


CONTRIBUTIONS OF VITAMIN D TO GOOD HEALTH



COMMENTS

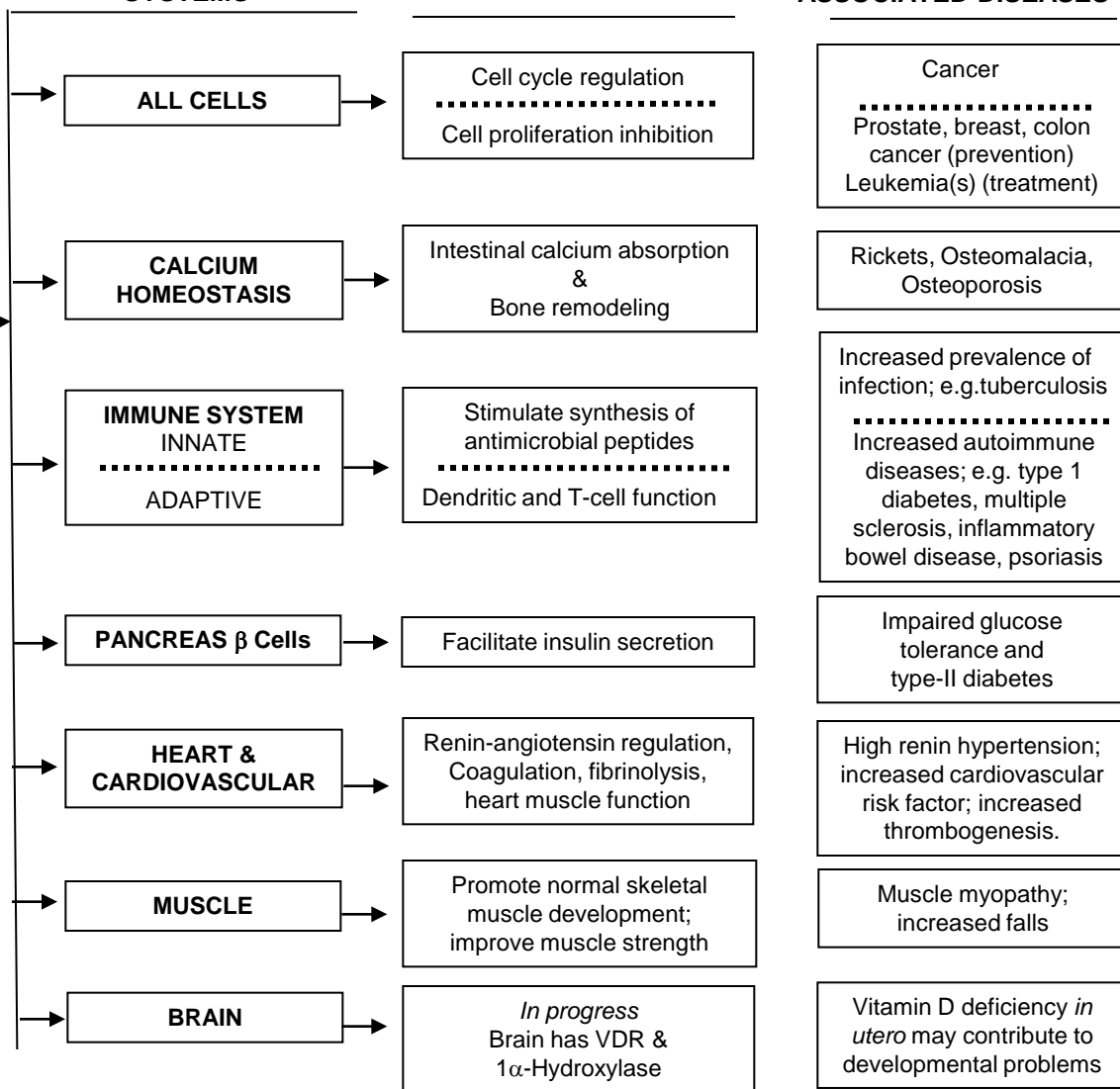
Vitamin D itself is biologically inactive. It is a precursor of 1α,25(OH) ₂ D ₃ .	Serum 25(OH)D ₃ is a marker of vitamin D nutritional status. Its concentration should be 30 – 60 ng/ml.	1α,25(OH) ₂ D ₃ is not a vitamin, but is a steroid hormone that produces biological responses via binding to its receptor (VDR) in at least 37 tissues.
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SERUM 25(OH)D		Nutritional Descriptor
ng/ml	nmoles/L	
<5	<12	Severe D deficiency
5 - 10	12 - 25	D deficiency
10 - 20	25 - 50	D insufficiency
20 - 30	50 - 75	Marginal D status
30 - 60	75 - 150	Vitamin D sufficiency
>150	>375	Risk for toxicity

PHYSIOLOGICAL SYSTEMS

BIOLOGICAL RESPONSES

VITAMIN D DEFICIENCY ASSOCIATED DISEASES



New evidence indicates that vitamin D3 intake should be in the range of 2000 – 4000 IU/day. Everyone should have their serum 25(OH)D levels determined at least once yearly. Vitamin D3 soft gel capsules (1000 or 2000 IU), Codes 1452 or 1463, can be obtained from the J.R. Carlson Laboratories or other vendors. More vitamin D-related health information is available at both the GrassrootsHealth web site <http://www.grassrootshealth.net/> and the Vitamin D Workshop website <http://vitamind.ucr.edu/>