

WHAT ARE RECOMMENDED DOSES OF VITAMIN D-3

“Recent reviews by health ‘experts’ have revised the recommended doses for vitamin D from 400 IU to 2,000 IU a day, a dramatic five-fold increase.

This means that the ‘experts’ have been keeping people in danger of contracting a number of serious diseases, many deadly, for over a century – more bad advice from a government that is quickly moving to control all of your health decisions (Universal Healthcare).

“A recent paper by Dr. Cantorna of the Department of Nutritional Sciences at Pennsylvania State University and a recognized authority on vitamin D, *recommended that people of all ages should take 2,000 IU of vitamin D-3 a day. . . The optimal blood levels to prevent bone fractures is 50 nM (20ng/ml), which can be attained by taking 1,000 to 2,000 IU of vitamin D-3 a day. . .*

“A dose of 800 IU a day (twice RDA levels) has no effect on bone fracture reduction, but 2,000 IU a day produces a profound reduction. At 4,000 IU a day there is no reported hypercalciuria (a condition that causes kidney stones), a previous fear of the experts. *Daily doses of 10,000 IU or less have been shown to produce no complications.*

“For daily maintenance in otherwise healthy people, 2,000 IU a day appears to be adequate. For those with autoimmune diseases, cancer or viral illnesses, higher doses may be needed – doses as high as 5,000 IU a day.”