

Pure D3 Warnings and Contraindications

Pure D3 is a Premium Practitioner Approved formula. It contains vitamin D in the form of cholecalciferol, which is the superior form of vitamin D, found to be better absorbed than ergocalciferol. Vitamin D is extremely important for bone development, cardiovascular function, immune health, and muscle strength and function.

Below we have included a Vitamin D levels chart to help you understand what your Vitamin D levels may mean for you. It is important to check your Vitamin D levels before supplementing with Vitamin D, and then every 3 months once supplementation has begun to ensure it is increasing as desired, so you can manage your dosage appropriately.

Serum 25-Hydroxyvitamin D [25(OH)D] Concentrations and Health

Vitamin D blood levels nmol/L	Vitamin D blood levels Ng/mL	Health Status
<30	<12	Associated with Vitamin D deficiency, leading to rickets in infants and children, and osteomalacia in adults
30-50	12-20	Generally considered inadequate for bone and overall health in healthy individuals
50	20	Generally considered adequate for bone and overall health in healthy individuals
100 -125	40-50	Considered optimal range for best health outcomes
>125	>50	Possible adverse effects at this level but very rare.

** Please note, this chart should only be used as a guide*

Suggested Serving

As a dietary supplement, adults should take 1 capsule daily after food. The chart below is a useful guide to work out how much Vitamin D you should supplement with:

Amount per day	Increases Vitamin D blood levels by	How long it takes to increase
100 IU (2.5mcg)	1 ng/ml (2.5 nmol/L).	2 to 3 months
400 IU (10 mcg)	4 ng/ml (10 nmol/L).	2 to 3 months
800 IU (20 mcg)	8 ng/ml (20 nmol/L).	2 to 3 months
1000 IU (25 mcg)	10 ng/ml (25 nmol/L).	2 to 3 months
2000 IU (50 mcg)	20 ng/ml (50 nmol/L).	2 to 3 months

So, what does this all mean? If a blood test reveals a Vitamin D level of 30 ng/ml (75 nmol/L) and you want to increase that to 40 ng/ml (100 nmol/L), you need to take 1000 IU daily for 2-3 months to achieve your goal - 1000 IU daily will increase blood levels by 10 ng/ml (25 nmol/L).

Taking a larger amount of Vitamin D daily will help you achieve a higher level faster, therefore if blood test reveals you to be extremely low in Vitamin D, it can be beneficial to take 5000 IU daily to help get your count up quickly. Once you have reached your desired level, a maintenance dose of 1000 IU per day is recommended.

Storage

Store in dry position away from direct sunlight or high temperatures. Store in a place that is Out of Reach for Children.

ADVERSE REACTIONS / DRUG INTERACTIONS:

- Calcium channel blockers: Vitamin D when supplemented with calcium may antagonise the effects of calcium channel blockers, patient should be monitored for reduced effectiveness of drug.
- Corticosteroids: use is associated with accelerated development of osteoporosis; vitamin D may increase the risks of hypercalciuria and hypercalcemia. Corticosteroid patients using supplemental vitamin D should be closely monitored.
- Hypercalcemia
- Calcitonin: Vitamin D may antagonise calcitonin
- Sarcoidosis and hyperparathyroidism: supplementation under medical supervision
- Atherosclerosis and heart disease: high doses of vitamin D require medical supervision
- Digitalis: high doses of vitamin D capable of inducing hypercalcemia may precipitate arrhythmias in people taking digitalis.
- Renal osteodystrophy with hyperphosphataemia: risk of metastatic calcification
- Thiazide diuretics: vitamin D may increase risk of hypercalcaemia.

If you experience any symptoms which concern you, please consult your doctor.

