

In order to understand the importance of Vitamin D you need to accept these 2 key statements as facts:

- **If your blood level of Vitamin D is less than 100 nmol/L then you are liable to suffer from some of 88 different health conditions.**
- **Vitamin D is made in your body from sunlight or supplements and very little can be obtained from food**

Most doctors have wrongly been taught that only a very low level of Vitamin D is required, and that this is only to avoid problems with bones and muscles.

If you persist with this belief, than you will probably reject all the assertions and evidence that higher levels are needed for better health.

There is good evidence that a high level of Vitamin D helps to prevent or treat more than 88 health conditions. (See: www.is.gd/proofvitd)

There is good evidence that people with dark skin have lower blood levels of Vitamin D than people with light skin - *and that when their levels are equalised then their health outcomes become similar.* (See: www.is.gd/BlackHealth)

If you live further away from the equator than 30° north or south than you cannot make enough Vitamin D from the sun all year round - *and in your winter you will need to find another light source of UV-B or take Vitamin D supplements*

Many people who live an outdoor life near the equator, like African Maasai warriors and Hawaii lifeguards, have blood levels of 100-150 nmol/L. An American doctor who walks on a Florida beach without a shirt every day has a Vitamin D level of 117 nmol/L

Vitamin D3 helps to boost your immune system as it is a powerful steroid hormone that controls 2700+ genes

What blood level should you aim for ?

- UK Department of Health: Vitamin D Deficiency is when 25(OH)D is less than 25 nmol/L
- USA Institute of Medicine: Vitamin D Deficiency is when 25(OH)D is less than 50 nmol/L
- There are biomarkers for bone quality that change just above 75 nmol/L
- Professor Robert Heaney, who was a world expert in Osteoporosis, said that Vitamin D "enables the body to absorb calcium" and that the level should be set at 100 nmol/L
- Dr John Cannell says there is "extreme substrate deprivation" below 125 nmol/L
- Professor Bruce Hollis says that pregnant women should have at least 125 nmol/L
- A group of 40 eminent experts at www.grassrootshealth.net have issued a "Call-To-Action" calling for optimum blood serum levels to be between 100-150 nmol/L.

Choose your expert and set your own target level !