

# Vitamin D



## Dosage Recommendations from medical experts

“The body needs at least 4000 IU/day in order to maintain a healthy concentration of vitamin D in the blood.” - Robert P. Heany, MD Creighton Uni-

“My advice, especially for pregnant women: continue taking 5,000 IU/day until your 25(OH)D is between 50-80” *Source: John Jacob Cannell MD, Vitamin D Council ED*

For more information on recommendations and guidelines visit

[Grassrootshealth.net](http://Grassrootshealth.net)

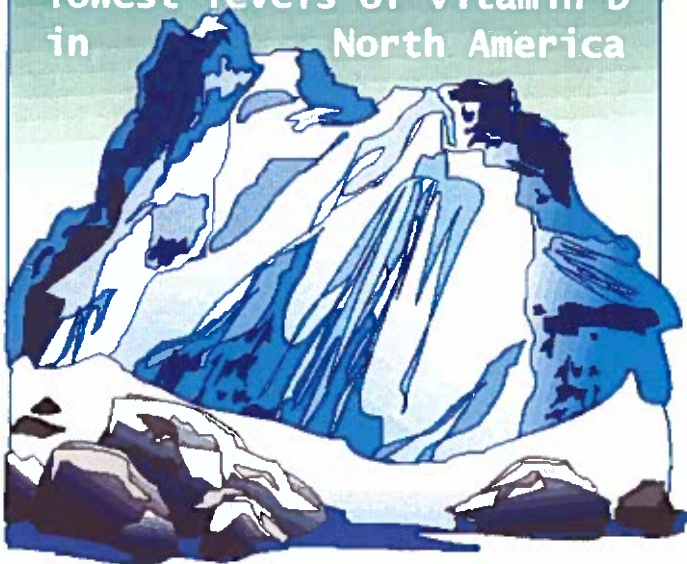
[VitaminDcouncil.org](http://VitaminDcouncil.org)

[Housemajority.org/seaton](http://Housemajority.org/seaton)



*Each body processes vitamin D differently and has different levels of sun exposure. Consult a health care practitioner to develop a custom plan that meets your specific vitamin D needs.*

Alaska and Canada have the  
lowest levels of vitamin D  
in  
North America



Science shows that vitamin  
D sufficient populations  
have reduced relative risk.

**50% less Breast Cancer**

**50% less Colorectal Cancer**

**40% less Bladder Cancer**

**33% less Type 2 Diabetes**

**2.4 times fewer Heart Attacks**

**50% less Influenza & Upper  
Respiratory Disease**

**70% fewer Falls in Elderly**

**50% fewer Bone Fractures**

**All for less  
than \$7 per  
person per  
year!**

**(500 soft gels at 5000  
IU ea for \$8.99)**

