



VITAMIN D3

Questions & Answers

Perhaps the most vital are regulating the absorption of calcium and phosphorus and facilitating normal immune system function. Getting enough vitamin D is important for normal growth and development of bones and teeth, as well as improved resistance against certain diseases. In addition to its primary benefits, research suggests that vitamin D may also play a role in reducing the risk of multiple sclerosis, decreasing the chance of developing heart disease, and helping to reduce the likelihood of developing the flu. Research has shown that vitamin D plays an important role in regulating mood and warding off depression. In studies of people with fibromyalgia, researchers found vitamin D deficiency was more common in those who were also experiencing anxiety and depression. Consider adding vitamin D supplements to the diet if someone is trying to lose weight or prevent heart disease. In studies, people taking vitamin D supplementation were able to lose more weight than subjects taking a placebo supplement. The scientists said the extra vitamin D had an appetite-suppressing effect.

How long will it take to feel it?

If there is a “feel” to vitamin D, it would be in mood and diminishing feelings of depression. Over time people may notice the bones etc. feel much stronger. As with any vitamin it is about upkeep and continuing to feed the body the amounts it needs to function at proper levels.

Dosage?

50,000 iu/mL

