

Vitamin D

Potential Benefits:

- Promotes calcium absorption – helping in the absorption of calcium from the intestines, ensuring that adequate amounts of calcium are available for bone health and mineralization. Vitamin D works in conjunction with parathyroid hormone to regulate calcium levels in the blood
- Supports bone health – maintains proper calcium levels, playing a critical role in the development of and maintenance of healthy bones. It helps prevent osteomalacia in children and osteoporosis in adults.
- Enhances muscle function – involved in muscle function and strength contributing to muscle contraction, coordination, and overall muscle performance.
- Modulates immune system – has immunomodulatory effects (it helps regulate and balance the immune system). It is involved in the production of antimicrobial peptides, which assist in fighting off infections and adequate Vitamin D levels reduce the risk of autoimmune diseases while lowering susceptibility to respiratory tract infections.
- Supports brain health – many vitamin D receptors are in the brain – adequate Vitamin D levels are associated with better cognitive function and reduced neurodegenerative disorders
- Regulates Cell growth and differentiation – influences cell growth and differentiation, including the regulation of genes involved in the control of cell proliferation (playing a role in maintaining healthy skin and may have implications in reducing the risk of certain cancers).
- Mood regulation – Low levels of vitamin D have been associated with increased risk of ADD, Anxiety, depression and seasonal affective disorders.

Frequency: Vitamin D can be taken orally daily or weekly as an oral supplement. Intramuscularly it is administered once every 3 months.

Post treatment considerations: Nausea, headache, constipation, or pain/discomfort at the injection site may occur.

Symptoms requiring attention: please see medical attention ASAP through your nearest urgent care or emergency room if you experience any of the following:

- skin rash, itching or hives
- swelling of the face, lips, or tongue
- Fast or irregular heart rate
- dizziness, shortness of breath, or asthma symptoms not controlled by rescue inhaler