

Nutritional Experts Call For Increasing the Levels of Our Vitamin D

As the evidence mounts for vitamin D's importance in preventing various diseases, and as new statistics show our deficiencies are more widespread than previously thought, scientific experts are calling for significant increases in the recommended daily intake of the D vitamin.

We Need More Vitamin D Than We Thought: Scientists have known for some time that vitamin D is essential for calcium absorption, making it key weapon in a battle against osteoporosis. Several new studies show that higher intakes of the sunshine vitamin can risk the developing of many types of cancer. Plus, research in identical twins found that low levels of vitamin D may contribute to the development of our autoimmune diseases, such as multiple sclerosis, and inflammatory bowel disease.

Until recently, it was widely accepted that a blood concentration of 40 nanomoles per liter of 25-hydroxy-vitamin D (a marker of D levels) was adequate. But in 2003, a group of researchers at an osteoporosis conference in Lausanne, Switzerland, agreed that double that amount is probably optimal for most people.

We Get Less Than We First Thought: Everybody knows our skin can create vitamin D from sunshine, so most people-and their doctors-assumed that as long as you are not living in a cave, you are getting enough vitamin D. But in fact, startling new statistics show that for many Americans, deficiency is the norm and not the exception.

Depending on age and gender, 21-58 percent of teens and adults in the U.S. are deficient in vitamin D. Eighty four percent of elderly black women do not get enough. And a new study found a stunning 92.4 percent of black newborn's-and 66.1 percent of white ones-had insufficient levels at birth, although 90 percent of mothers took prenatal vitamins. African Americans are surely at risk of deficiency, as their dark skin acts as a natural sun block.

In a study specifically targeted to preventing falls by nursing residents: journal of the American Geriatrics Society found that increasing vitamin D intake for elderly nursing home patients, who are typically deficient in this vitamin, helped reduce the number of falls in his high falls risk group.

New Scientific Recommendations: Based on the information, several groups of researchers now recommends raising the daily intake of vitamin D- currently 200 I.U. for adults 19-to 50-anywhere from five to tenfold.

Maximum safe level of Vitamin D was generally thought to be 2,000 I.U., but new research from Creighton University and the Council for Responsible Nutrition is showing that 10,000 I.U. is non-toxic for most adults.

In a 2006 review study, researchers who found that higher levels of vitamin D could have the risk of certain cancers recommended that people get 1,000 I.U. of the nutrient per day. Then in 2007, the same group of researchers published two new studies with similar findings. Only this time, they recommended raising the daily intake of vitamin D up to 2,000 I.U.

With scientists calling for much higher intakes of D as the media picks up on new recommendations, it makes good sense to stock vitamin in 1000 I.U. potencies, as customers will be looking for ways to boost their stores.

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