



Women's Health Library

## Vitamin D and Your Health



Dr. Patricia Beckstead  
Founder

### Additional Recommended Supplements for Optimal Health...

#### Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)  
or
- [Liquid Cal-Mag-Zinc](#)

These supplements may be  
purchased on our store:

[FreedomFromMenopause.com](http://FreedomFromMenopause.com)

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

The dark, dreary days of winter impair many people's ability to maintain adequate vitamin D levels supplied by the sun—resulting in negative health effects. Vitamin D3, also known as cholecalciferol (kol-ee-kal-sif-eral), is a fat-soluble vitamin produced in our skin during sun exposure. Vitamin D3 is considered to be the most bioactive form versus vitamin D2, known as ergocalciferol (ergo-cal-sif-eral), which is derived from plant and fungal sources.

### Why should I be concerned?

During the winter months, less time is spent outdoors and thus less vitamin D is produced by the body. Geography affects how much vitamin D a person receives, especially if daily sunshine is not common in that specific area year round. Darker-skinned people produce less vitamin D from sun exposure due to the dark pigmentation in their skin that acts as a blocker. These are just two of the many important reasons why people need to make sure they provide their bodies with a sufficient amount of vitamin D through dietary sources and/or supplements.

### What do scientists say?

New research (including a study from the April 2006 Journal of the National Cancer Institute) surfaced this year stating that a higher intake of vitamin D cut the risk of total cancer mortalities by 29% (reducing digestive cancer mortalities by 45%). Another review in the American Journal of Public Health (February, 2006) analyzed 63 studies and found significant correlations between those with low vitamin D status and the increased risk of cancer. Thus, many consumers are now more conscious of their vitamin D intake.

### How does it work?

Vitamin D was shown to reduce the formation of blood vessels in tumors and enhance communication within cells. All of this resulted in stopping the proliferation of cancerous cells, according to the JNCI study. In humans, the body converts vitamin D3 from the diet and sunlight into a specific form inside the body. It is this form that may offer anti-cancer effects, researchers believe.

### Food sources of vitamin D

Foods such as eggs, fatty fish (salmon or mackerel), liver and dairy products provide the proper form (vitamin D3) of the nutrient your body needs for healthy bones and for your immune system.

### How much do I need?

Approximately 1,500 IU per day is the amount believed to be necessary for this benefit. This is far more than the current U.S. RDA of 400 IU per day. To maintain a healthy, strong immune system, make sure you get an adequate vitamin D intake through dietary means and supplementation.