

## **Vitamin D, one of the Most Important Supplements!**

Vitamin D, a steroid hormone that influences virtually every cell in your body, is easily one of nature's most potent cancer fighters. Receptors that respond to vitamin D have been found in nearly *every* type of human cell, from your bones to your brain. Your organs can convert the vitamin D in your bloodstream into calcitriol, which is the hormonal or activated version of vitamin D.

### **Vitamin D has multiple roles in the body:**

- promoting healthy bones and teeth
- supporting immune, brain, and nervous system health
- regulating insulin levels and supporting diabetes management
- supporting lung function and cardiovascular health
- influencing the expression of genes involved in cancer development
- repair damage tissues and hundreds of other physiological functions.

### **How much vitamin D should you be taking?**

That depends on your sun exposure, geographic location, skin color, age, and other factors. There truly is no single dose that's right for everyone. As a general rule, I've found that 5,000 IU daily works for most people. Your best bet is to have your blood level of vitamin D (25(OH)D) tested and take enough supplemental vitamin D3 (cholecalciferol) to keep it in the **optimal range of 50–70 ng/mL**, less than 50 is considered deficient and over 100 can be considered toxic!

### **Rechecking Your Vitamin D Level**

It is recommended that you have your vitamin D level rechecked within 2 months after starting supplementation, depending on your medical and health condition. Other lab tests for calcium, ionized calcium, magnesium, etc. may be checked.

### **Vit K2**

If supplementing Vit D, you must supplement with Vit K2! Vit K2 almost as important as Vit D. Protects arteries, bone health by transporting calcium from arterial walls to bone. Our body makes some K2. Don't confuse K1 with K2, K1 green leafy vegetables involved in clotting factors, K2 is produced by some bacteria in the gut through fermentation in intestines. Sources; gouda, brie, edam chesses, egg yolk, butter, dairy. K2 supplement dosages 90-180 mcg.