



IS IT POSSIBLE TO OVERDOSE ON VITAMIN D?

YES. Doses of Vitamin D in the 10,000 to 40,000 IU per day range on a regular basis have caused severe symptoms such as heart and kidney problems. The dose we recommend is only 10% of the minimal dose that could be toxic. The key is to take a reasonable dose on a daily basis. This avoids toxicity and ensures that your child is getting all that s/he needs for optimal bone mineralization and immune function.