



WHY IS THIS RECOMMENDATION MORE THAN THE AMOUNT OF VITAMIN D IN MY CHILD'S MULTIVITAMIN? IT SAYS IT HAS 100% OF THE RDA!

The US Public Health Service recommends a range for intake of Vitamin D and the dose we recommend is well within the range. The RDA of 400 IU Vitamin D per day was set long before Vitamin D's role in optimizing immunity was suspected, let alone understood. We have done blood tests for Vitamin D levels and found that children on the doses we recommend consistently test in the Vitamin D sufficient range (>30) whereas children on lower doses are often insufficient.

At least half of children are insufficient in Vitamin D. Some of our colleagues have wondered if this is significant; after all if so many people are "abnormal" maybe the normal is set wrong! However, a startling statistic is that half of women and a quarter of men will break a bone due to osteoporosis. We believe that prior recommendations and practices did not lead to optimal intake of Vitamin D. Perhaps if our children can achieve optimal Vitamin D levels while the bones are mineralizing (prior to age 30) we can decrease the incidence of osteoporosis and possibly cancer and diabetes well into adulthood.