

Kofinas Perinatal

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Vitamin D3 supplementation guidelines for all patients (GYN and OB)

Vitamin D deficiency is a very serious health care issue. It is the cause of increased premature mortality from cardiovascular disease, osteoporosis, Alzheimer's disease, Multiple sclerosis and a significant other chronic diseases too numerous to list here. For more details, please read the document below. Just click on the link and download the document.

<http://www.kofinasperinatal.org/go/resources/newsletter>

Once there, look for the article: Health benefits of vitamin D.

Below, is a brief list of guidelines on how to maintain healthy vitamin D levels at all times. Because of seasonal fluctuations due to variable degrees of sun exposure, the best way to manage your levels is with twice a year blood testing; depending on your Vitamin D levels, take the appropriate amount of supplementation as noted below.

1. Patients with a value **less than 15 ng/ml**
 - a. Start immediately with 5,000 IU of Vitamin D₃
 - b. Repeat Vitamin D levels in 4 weeks and adjust dosage accordingly.

2. Patients with a value **15- 29 ng/ml**
 - a. Start immediately with 4,000 IU of Vitamin D₃
 - b. Repeat Vitamin D levels in 4 weeks and adjust dosage accordingly.

3. Patients with a value between **30 and 49 ng/ml**
 - a. Start immediately with 2,000 IU of Vitamin D₃
 - b. Repeat Vitamin D levels in 4 weeks and adjust dosage accordingly.

4. Patients with values of **50 ng/ml or higher** do not need any supplementation.

Vitamin D3 is best to be taken during or immediately after a meal that contains some fat. Vitamin D₃ is fat-soluble and is not absorbed well in the intestine in the absence of fat.

After the first follow up measurements, the patient should remain in the same dosage until we achieve a level of > 50 ng/ml. Subsequent follow up measurements twice a year should be recommended to the patient in order to maintain a level between **50 and 70 ng/ml at all times**.