

Kofinas Perinatal

Providing Care to the Unborn ®

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.

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**.