



Dr. Berg®

THE KNOWLEDGE DOC

# VITAMIN D

More than one billion people worldwide are vitamin D deficient—are you one of them? Learn the early warning signs of deficiency, find out how to maintain optimal vitamin D levels, and explore the incredible health benefits of vitamin D.

## Deficiency Warning Signs & Benefits



**High blood pressure**



**Low back pain**



**High blood sugar**



**High susceptibility to viruses**



**Autoimmune conditions**



**Daytime sleepiness**



**Depression**



There are many reasons why you may be vitamin D deficient despite regular sun exposure.

## Reasons for Vitamin D Deficiency



**Darker skin**



**Low magnesium**



**Liver problem**



**Kidney problem**



**Polymorphism**



**Low zinc**

## Why Vitamin D3 & K2 Belong Together

- Vitamin D3 helps the body absorb calcium
- Vitamin K2 directs calcium into the bones
- Together, they promote healthy bones and prevent calcium deposits in arteries, joints, and other tissues
- The best ratio is 250 mcg (10,000 IU) of D3 to 100 mcg of K2



### **HELPFUL TIP:**

Consider taking 10,000 IUs of vitamin D3 daily to promote healthy vitamin D levels. Higher doses may be needed in case of autoimmune conditions.

### **Can You Overdose on Vitamin D?**

- Vitamin D toxicity is rare, and you would have to take more than 100,000 IUs of vitamin D for several months to cause health issues related to too much vitamin D.

### **Rare symptoms of vitamin D overdose include:**

- Soft tissue calcification
- Kidney stones
- Muscle weakness
- Nerve symptoms
- Excessive thirst
- Excessive urination

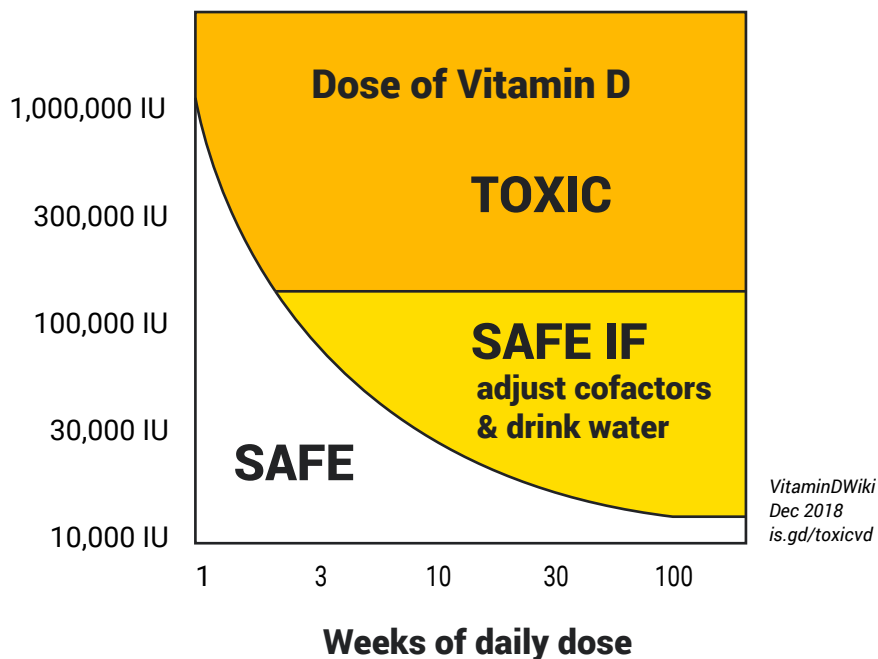
# How can vitamin D benefit you?

- Improves brain function
- Healthy hair, eyes, scalp and skin
- Supports heart, liver, kidney, and lung functions
- Supports a robust immune system
- Promotes healthy bones, joints, and teeth
- Supports thyroid and adrenal function
- Improves digestion
- Can reduce cancer risk
- Reduces insulin resistance
- Supports reproductive health
- Aids in muscle growth and development

## ! YOU NEED TO KNOW:

Vitamin D and magnesium work hand in hand. Magnesium helps activate vitamin D, and vitamin D stimulates magnesium absorption. Maintaining healthy magnesium stores is vital for optimal vitamin D levels.

## TOXICITY OF VITAMIN D OVERVIEW



Vertical axis = log if IU, Horizontal axis = log of weeks

*VitaminDWiki  
Dec 2018  
[is.gd/toxicvd](https://is.gd/toxicvd)*