

Refresher Course Vitamin D – Undergraduate Level

Murray, Michael T. **Encyclopedia of Nutritional Supplements**. Roseville: Prima Publishing, 1996. ISBN 0-7615-0410-9

Pages 42 and 43.

“Principal Uses of Vitamin D

The principal use of vitamin D is the prevention of vitamin D deficiency.“

(It is important to note that the author doesn't say that vitamin D is used for the treatment of osteoporosis, cancer or any other disease)

“Dosage Ranges

The RDA for vitamin D is 200 to 400 I.U. daily. For elderly people not exposed to sunlight for living in the northern latitudes, a daily intake of 400 to 800 I.U. is recommended. Supplementation greater than 400 I.U. per day in most adults, young children, and adolescents, is unwarranted.“

(The author refers to doses higher than 400 IUs for most adults as “unwarranted”. He discloses below that vitamin D is highly toxic to the human body)

“Safety Issues

Vitamin D has the greatest potential among all the vitamins to cause toxicity. Dosages greater than 1,000 I.U. per day are certainly not recommended. Increased blood concentration of calcium (a potentially serious situation), deposition of calcium into internal organs, and kidney stones are some of the characteristics of vitamin D toxicity.“

(Note the words “greatest potential” to cause toxicity. This means highly toxic. It has been known for decades, and even a part of standard undergraduate textbooks on nutrition, that vitamin D toxicity causes kidney stones. So the “findings“ of USPSTF are not new. The author goes on later to say it also causes calcification of arteries, heart valves, etc. Again, these are not new findings).

“Many researchers suggest that long-term over consumption of vitamin D in fortified foods contributes to atherosclerosis and heart disease, possibly as a result of decreasing magnesium absorption.“¹

(Note the author stresses on the risk of excessive vitamin D reducing absorption of magnesium. The author indirectly indicates that magnesium is very important and not to do anything to reduce its levels in the body).

“References:

1. Seelig MS, Magnesium deficiency with phosphate and vitamin D excess: Role in pediatric cardiovascular nutrition. Cardio Med 3(1978), 637-650“