

Vitamin D

The foundation of your health



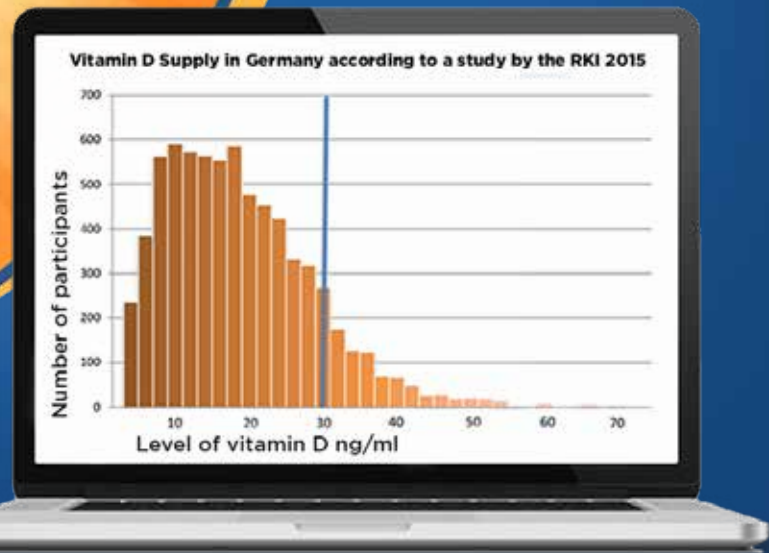
SonnenAllianz
SONNE FÜRS LEBEN

80-90% suffer from a lack of Vitamin D!



Prof. Dr. med. Jörg Spitz:

“All over the world no pharma laboratory has ever been close to developing a substance with health effects as positive and manifold as those of vitamin D, or ever will.”



Deficiency threshold **30 ng/ml**

Optimum range **40-60 ng/ml**

Toxicity **> 150 ng/ml**

Results of an optimum Vitamin D supply

Immune system

- ✓ Protection against infections (Covid 19, influenza, tuberculosis etc.)
- ✓ Protection against autoimmune disease
- ✓ Reduced frequency and intensity of COPD and asthma

Fertility and pregnancy

- ✓ Increased fertility
- ✓ Normal course of pregnancy
- ✓ Decrease of preterm birth by up to 75%

Diabetes

- ✓ Optimized insulin metabolism
- ✓ Reduced blood glucose level
- ✓ Risk reduction for diabetes

Bones and musculature

- ✓ Protection against osteoporosis and rickets
- ✓ Fully functional musculature
- ✓ Agility even in old age

Nervous system

- ✓ Reduction of MS relapses
- ✓ Protection against dementia
- ✓ Less depressions

Cancer

- ✓ Reduced risk by up to 70%
- ✓ Suppressed growth of tumors and metastases
- ✓ Reduced side effects of chemotherapies

Cardiovascular disease

- ✓ Decrease of high blood pressure
- ✓ Reduction of myocardial infarction
- ✓ Enhanced performance in case of insufficiency

Comprehensive information and sources on the statements above can be found at

www.sonnenallianz.de

- ✓ SonnenAllianz is project of the Deutschen Stiftung für Gesundheitsinformation und Prävention (DSGiP).
- ✓ SonnenAllianz providing independent information about a broad variety of health topics related to sun and Vitamin D

Basics of vitamin D supply

In Germany, Switzerland and Austria there is no vitamin D production from October to March due to UV exposure from the sun possible, because the solar radiation enters the earth's atmosphere too flat. From April to September a sufficient vitamin D production may at best be possible between 10:30 to 15:30 (midsummer) in case the following requirements are met:

- ✓ Clear sky – sunshine
- ✓ At least uncovered arms and legs
- ✓ Sun bath without sun-blocker for about 15-30 min depending on the skin type

Tips for vitamin D supplementation

A supplementation with vitamin D is recommended for those who cannot fulfil any of these requirements.

1. Have your level of vitamin D tested by laboratory, doctor or pharmacy. Meanwhile there are self-tests available as alternative, enabling you to test your vitamin D level at home.
2. In case you are not able to get yourself tested - due to a lack of time or money - we recommend as rule of thumb 5.000 I.E. per day at an assumed body weight of 70 kg.
3. The optimum value ranges between at least 40-60 ng/ml.
4. A daily intake of supplements is more favorable than an interval therapy (per week or month). Adults need 4.000 to 9.000 I.E. per day in order to achieve the necessary vitamin D level, depending on different factors such as body weight, metabolization, etc.
5. No permanent dosage of above 10.000 I.E. per day without medical support!
6. Vitamin D has a very high application-safety. In cases of suspected overdosage it is recommended to have the calcium level tested. A regular calcium level in the blood rules out vitamin D overdosage.
7. In order to activate Vitamin D, Magnesium - as important co-factor - is inevitable, thus make sure your supply of Magnesium is sufficient. Among others Vitamin K optimizes the bone metabolism and prevents vascular deposits. A concurrent use might be useful, but is not mandatory.



SCAN ME

Make use of the Online-Vitamin D-Supply-Calculator in order to determine the optimal dosage of your Vitamin demand. Enter the following address into your internet browser or scan the QR-Code.

www.sonnenallianz.de/vitamin-d-bedarfsrechner



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