



Vitamin D

Understanding the Benefits of Vitamin D

Vitamin D Levels

Many research studies have confirmed the importance of adequate Vitamin D to help attain optimal health. When Vitamin D is at a good level, almost all organ systems of the body function better and are less likely to have problems, particularly the brain, bone, breast, and immune systems.



The best source for Vitamin D is the sun, but **here in Idaho it is hard to get enough sun (ultraviolet B rays) because of our latitude**. There are only 3 months of the year (the summer months) when Vitamin D is easier to absorb. Lying out in the sun for 30 minutes a day without sunscreen will help increase Vitamin D levels, but only during those 3 months. Always remember that there is always a balance in the amount of sun exposure; maintaining this balance ensures receiving the benefits, but not the risks of too much sun.

Maintaining Normal Vitamin D Levels

We find that Vitamin D levels in patients are nearly always low and even sometimes extremely low.

- **Normal blood levels:** between 50-80 ng/ml
 - We have found that using ADK10 is the best way to reach these adequate levels.
 - ADK10 has 5100 IU Vitamin A, 10,000 IU D3, 500 K2.
- **Higher levels may improve your health by:**
 - Boosting Immunity
 - Combating fatigue
 - Lowering risk for cancers
 - Promoting better bone, breast, and brain health



The Key to Calcium Absorption

Vitamin D also is the key to calcium absorption, so increasing your Vitamin D levels will increase your calcium absorption. Getting too much calcium can cause damage to the kidneys, so if you are taking extra calcium you may need to adjust your intake, since better Vitamin D levels will help you absorb the calcium in the foods you eat.

No Appointment Needed! Walk-in injections available to patients each day til 4pm



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Vitamin D to Help Attain Optimum Health

Guidelines for Vitamin D Levels

1. Have a **baseline Vitamin D blood level drawn**, along with calcium.
2. **Start ADK10 daily.**
3. **Come in for a follow-up blood level** at least 8-12 weeks after taking your Vitamin D. This test is already in your computer chart and all you have to do is come in when we are open, no appointment is necessary.
4. **Continue taking your Vitamin D** all year long. We will contact you regarding your results and if the frequency of dosing needs to be adjusted based on your first level and the follow-up level, then we will let you know what may be best for you.
5. **Have your levels checked once a year** on your yearly/annual exam.

No Appointment Needed! Walk-in Vitamin D Injections Available

Injection: 100,000 IU Vitamin D



Other injections available as walk-in appointments:

- | | |
|--|--|
| <ul style="list-style-type: none">• Slimming Shot• Procaine | <ul style="list-style-type: none">• Vitamin B12• Vitamin B6 |
| | (Anxiety) |
| | (Nausea/Vomiting Pregnancy) |

Note: In order to request a walk-in injection, you must have established care with a Healing Sanctuary provider within the last year.

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