

The Vitamin D 1hr 15mins

Dr. Holick explores the vitamin D dose and its beneficial effects.

He starts his lecture by saying that previously the recommended dosage of vitamin D was 600 IU, however, recent studies revealed that we can consume up to 4000 IU, and the excess Vitamin D is not toxic. Dr. Holick explains the vitamin needs with beautiful illustrations, movie/show episodes, and jokes.

He points out that the vitamin which is made by the sun stays 2-3 times longer than by supplements.

The fortification process of food in America started in the 1930th, which resulted in the eradication of Rickets in children. So, Dr. Holick points out that many of us do not think much about vitamin D deficiency.

Deficiency of vitamin D will lead to poor mineralization of the bones.

Dr. Holick points out that many infants are born with vitamin D deficiency. Again, previously the recommendations were low. The current recommendation should be for children up to 600 IU, in Canada the recommendation is up to 800IU. Pregnant women should have up to 2000IU.

Vitamin D deficiency might cause infertility, low birth weight, and poor birth outcomes.

C-section is directly associated with vitamin D deficiency.

Dr. Holick argues that our diet does not supply us with vitamin D. A glass of milk has 100, so we have to drink 6 glasses of milk to satisfy the requirements.

Obesity is also associated with vitamin D deficiency. And also, other chronic diseases are associated.

African -Americans are 5-6 times more exposed to the sun than other ethnic groups.

Another population at risk is women after menopause. In older adults, vitamin D deficiency causes osteomalacia.

Fibromyalgia is also associated with vitamin D. Vitamin D is critical for muscle function, and bone health.

Dr.Holick treats vitamin D2 deficiency with a recommended dosage of 6500 IU for 8 weeks.

Maintaining is 3000IU per day and he assures it is not toxic at all.

This lecture gave solid information about vitamin D. I will keep in mind to recommend Vitamin D in higher dosage, especially for those who are at risk such as children, pregnant women, African Americans, and elderly people.