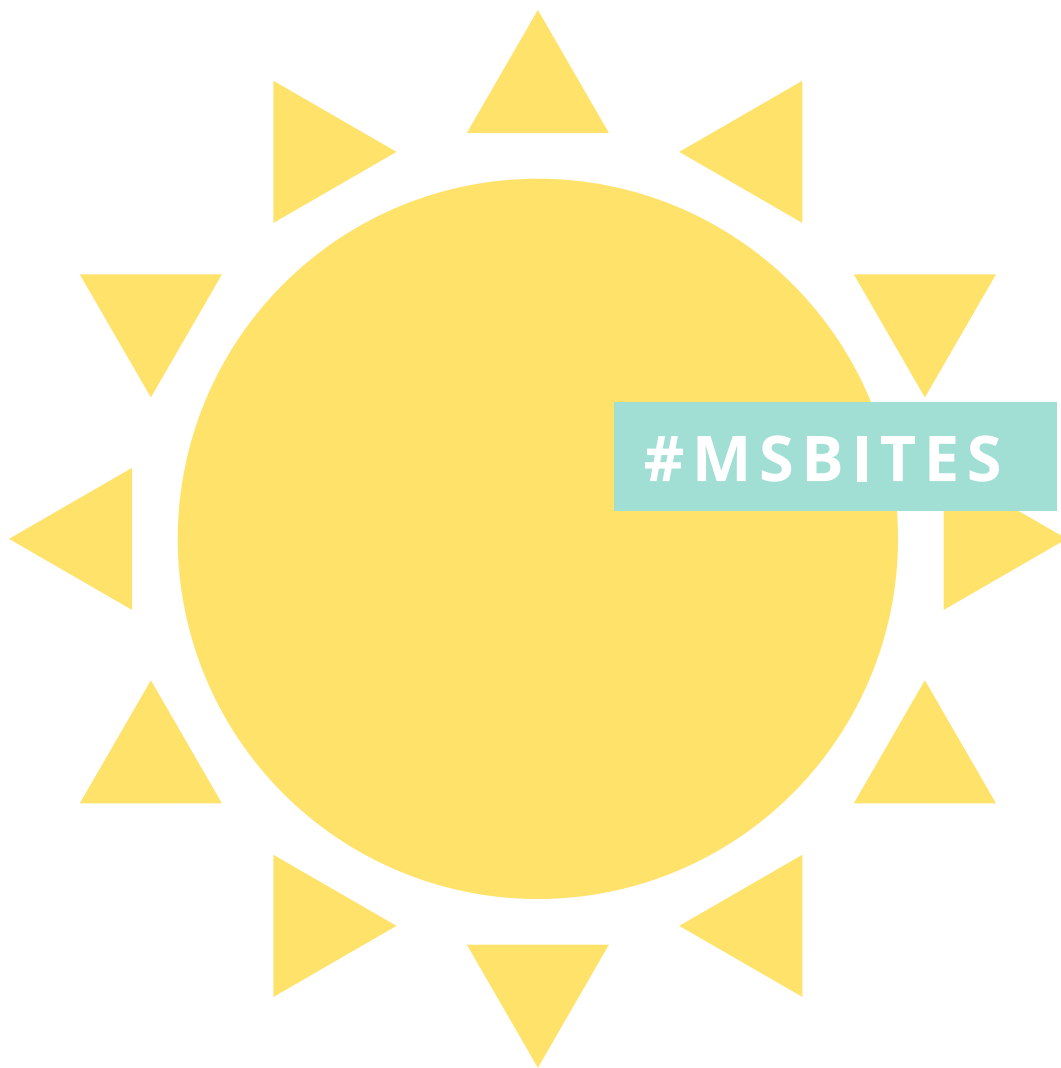


VITAMIN D AND MS



What Is Vitamin D?

Vitamin D is a fat-soluble nutrient that plays two important roles relevant to MS. By aiding calcium absorption it is an important nutrient for maintaining bone density. Vitamin D also acts as an immune system regulator. Preventing vitamin D deficiency is important, especially with MS.

Deficiency

Most Americans don't get enough vitamin D. It is harder for some people to get enough vitamin D than others. Those people include...

- People with dark skin
- People with limited sun exposure
- Older people
- People who are obese
- People with kidney disease
- People with digestive disorders like Crohn's disease, Celiac disease or people who have had gastric bypass surgery
- People with a milk allergy or lactose intolerance

Evaluate Your Needs

The most accurate way to measure how much vitamin D is in your body is the 25-hydroxy vitamin D blood test. Although there is no formal definition of vitamin D deficiency, some groups use the following values in adults:

- A normal level of vitamin D is defined as a 25(OH)D concentration greater than 30 ng/mL
- Vitamin D insufficiency is defined as a 25(OH)D concentration of 20 to 30 ng/mL
- Vitamin D deficiency is defined as a 25(OH)D level less than 20 ng/mL

If Your Doctor Advises A Supplement

Before buying, check with USP or ConsumerLabs.com to make sure you are getting a quality product. Take vitamin D supplements with your biggest meal of the day, the one that contains the most fats and oils) as this can increase absorption by as much as 50%.

More Is Not Better

Taking supplements is a good way to maintain adequate blood levels of vitamin D. Speak to your doctor about any supplements you are taking. Correcting deficiencies is important but more is not better. High doses of Vitamin D may result in side effects and/or interact with medications.

Vitamin D Toxicity

Vitamin D toxicity is very rare, but it is possible. Signs of vitamin D toxicity include nausea and vomiting, constipation, reduced appetite, weight loss, and weakness.

Vitamin D Research and MS

Clinical trials continue to determine if taking vitamin D improves MS symptoms or alters disease course. Recent research suggests that high dose vitamin D may be beneficial but researchers are quick to point out that they lack clinical data to guide clinical practice and do not recommend that people with MS take higher than recommended doses of vitamin D.

