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Vit D dosage is grossly inadequate

At the 18th annual meeting and clinical congress for the American Association of Clinical Endocrinologists (AAACE) held in May 2009, the consensus was very clear. Dr Neil Binkley noted that the current national recommendations from the Food and Nutrition board of 400 to 600IUs is simply not enough.

Experts recommend somewhere between 1500 to 2600IU daily and it is considered a very safe vitamin. One would need daily doses of 40,000iu or higher before seeing negative side effects, noted Dr. Binkley. Vitamin D is essential for bone health, but he noted the role of the Vitamin for improving muscle function. "There's a lot that is unknown about Vitamin D right now, Dr Binkley said, But there is one certainty- its importance is widespread".



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