

Healthy Science™ by Mannatech

Many Americans Would Benefit from Intake of Supplemental Vitamin D Higher than Current RDAs

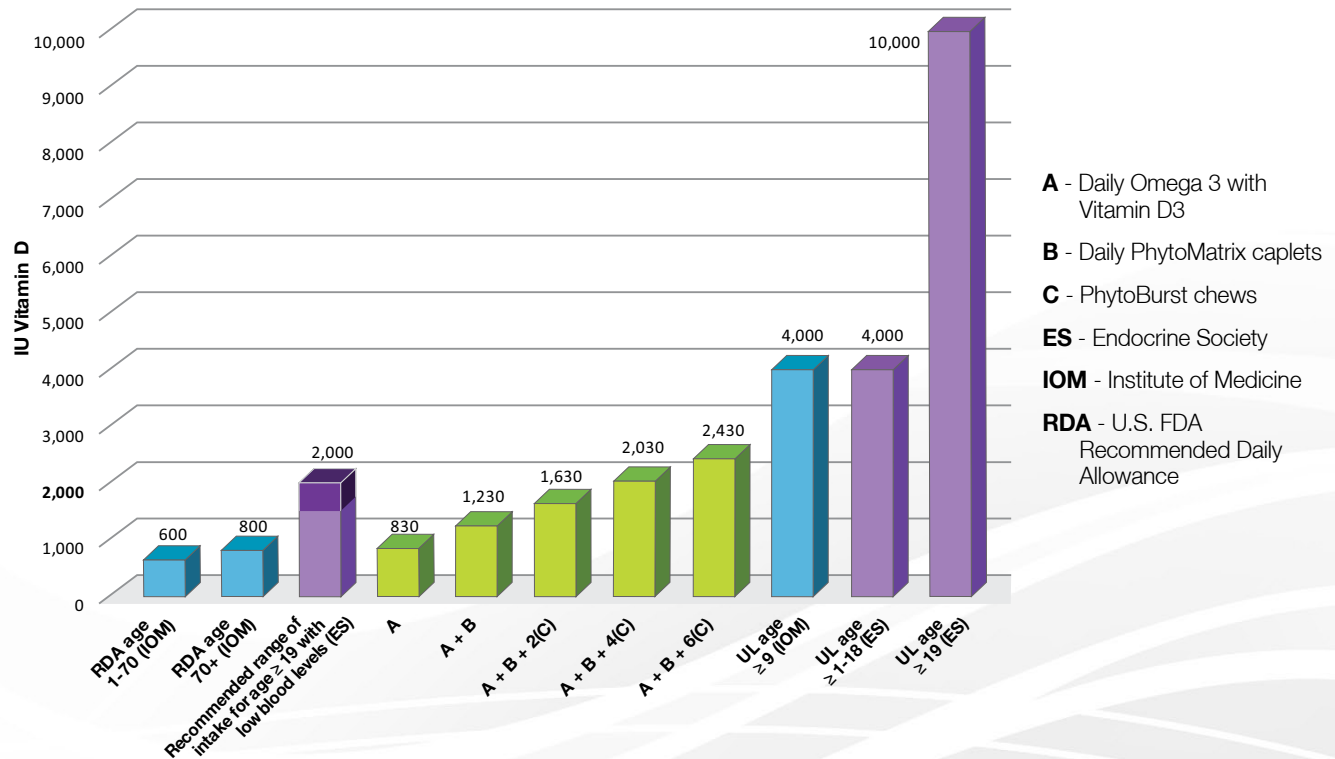
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An international group of vitamin D experts recently published the Endocrine Society's (ES) Vitamin D Clinical Practice Guidelines, which challenge some of the key findings of the National Academy of Science's Institute of Medicine's (IOM) recent vitamin D Dietary Reference Intake (DRI) and tolerable upper limit (UL) recommendations². The Endocrine Society also challenged the IOM's opinion regarding appropriate levels of the key indicator of an individual's vitamin D status, blood levels of 25-hydroxyvitamin D [25(OH)D]. According to the Endocrine Society:

1. 20%–100% of American, Canadian and European children and adults are deficient or at high risk for a vitamin D deficiency[†];
2. 25(OH)D blood levels indicating sufficiency should be higher (75–250 nmol/L);
3. Adults with a confirmed deficiency should consume 1,500–2,000 IU vitamin D daily (deficient children ages 1–18 should consume 600–1,000 IU daily); and
4. The daily tolerable upper limit (UL) for adults should be higher (10,000 IU for adults, 4,000 IU for children ages 1–18)¹.

The Endocrine Society has provided important information to guide physicians and their patients to better supplementation choices for bone health. Mannatech is also aware that a growing body of human data suggests that adequate intake of vitamin D may support immune and nervous system health,^{3,4,5} may help improve mood during the winter months^{6,7,8} and contribute to overall quality of life.^{9*} These Mannatech's Real Food Technology® solutions supplements provide excellent daily sources of vitamin D: Omega-3 with Vitamin D3 (830 IU), PhytoMatrix® caplets (400 IU), and PhytoBurst® chews (200 IU/chew).

Vitamin D: Expert Intake Guidelines and Amounts Provided by Daily Intake of Mannatech's Real Food Technology® Solutions Supplements



† DRIs Dietary Reference Intakes. DRIs are used by the U.S. and Canada to develop nutrient intake recommendations.

† High-risk groups suitable for blood 25(OH)D testing include:

- * African-American and Hispanic children and adults
- * Pregnant and lactating women
- * Older adults with a history of falls and/or nontraumatic fractures
- * Obese children and adults (BMI > 30 kg/m²)
- * Individuals with certain health conditions
- * Patients taking certain medications

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Reference List

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