THE DEBATE ABOUT VITAMIN D

Adequate Vitamin D levels are necessary to fend off bone loss and also for protecting against immune disorders and cancer.

Vitamin D may be protective against the development of Prostate cancer and Multiple Sclerosis. The prevalence of these two conditions is highest in temperate climates where exposure to sunshine is low throughout the year.

Vitamin D is safe, cheap and broadly important to the body. Vitamin D supplementation can boost suboptimal Vitamin D levels found in healthy people. About 70% of Canadians fall below the recommended Vitamin D levels of 75 nanomoles per litre. Particularly, during the winter months, Canadians have inadequate Vitamin D levels and should take 2000 iu in the summer and 4000 iu in the winter to maintain normal Vitamin D levels.