

Vitamin D Information

“Vitamin D is an essential fat-soluble vitamin that is primarily responsible for maintaining normal serum concentrations of calcium and phosphate by increasing their absorption in the small intestine. This ensures proper bone mineralization and remodeling. Over the past decade, there has been growing interest and research regarding the role of vitamin D in non-skeletal health. This interest has been prompted by the finding of vitamin D receptors on a wide range of cell types in the human body and data from observational studies demonstrating associations between low vitamin D levels and increased risk for various adverse health outcomes outside of bone health. Because most of the vitamin D in the human body is typically synthesized endogenously by way of dermal exposure to ultraviolet light, living in far northern or southern latitudes is a known risk factor for vitamin D deficiency. As such, Alaska health care providers should be knowledgeable about vitamin D to educate their patients on the risk factors for deficiency and help them make informed decisions regarding vitamin D intake and supplementation.”

Taken from <http://dhss.alaska.gov/dph/Epi/eph/Pages/VitaminD.aspx> as of 02/19/19

Vitamin D Schedule

Adult Vitamin D Dose	Pediatric Vitamin D Dose	Week
10,000 IU Vitamin D Daily	4,000 IU Vitamin D Daily	1, 2
5,000 IU Vitamin D Daily	2,000 IU Vitamin D Daily	3, 4
2,000 IU Vitamin D Daily	1,000 IU Vitamin D Daily	Thereafter

Reference Material

Alaska Epidemiology Bulletin. A Brief Overview on Vitamin D for Alaska Health Care Providers. 2017;19;1-24.
J. Dayre McNally, MD, PhD, Klevis Iliriani, BSc (Hons), Et al. Rapid Normalization of Vitamin D Levels: A Meta-Analysis. *Pediatrics* 2014;1;152-166.
Gurmukh Singh, MD, PhD, MBA, & Aaron J. Bonham, MS. A Predictive Equation to Guide Vitamin D Replacement Dose in Patients. *J Am Board Fam Med* 2014;27:495-509.

For more information and research on Vitamin D in Alaska visit:
<http://dhss.alaska.gov/dph/Epi/eph/Pages/VitaminD.aspx>