

# What to Expect with Vitamin D Therapy

## What is Vitamin D?

Vitamin D is a vitamin that we can get from exposure to sunlight. Our bodies can make vitamin D but many variables contribute to how much vitamin D we can produce.

## What are the benefits of taking Vitamin D?

Vitamin D has numerous benefits such as:

- Regulation of our immune system
- Improvement of mood (depression/anxiety)
- Increased energy
- Improved bone health
- Possible reduction in cancer mortality

## Possible Side Effects of Taking Vitamin D

Side effects of taking Vitamin D are rare and minimal and are mostly associated with a high elevation (beyond normal) level of Vitamin D:

- Changes to blood calcium levels
- Neurological symptoms
- Toxicity of vitamin D

These are the most common risks and side effects seen. This is not a comprehensive list- For all side effects and risks please discuss with your physician.

**Please read through fully to ensure you completely understand and accept the risks and side effects versus the potential benefits. If you do not completely understand the potential risks and side effects, then please discuss them with your provider before deciding whether to take this medication.**

# Frequently Asked Questions (FAQs) around Vitamin D

## Why take vitamin D over just getting some sun exposure?

Vitamin D is a crucial vitamin for many processes in the body. While you can get vitamin D from the sun, there are other risks associated with sun exposure such as an increased risk of skin cancers and melanomas. We believe you should not compromise one risk for another and vitamin D injections are a great way to increase your vitamin D without the additional risk of cancer.

## Isn't oral supplementation of vitamin D just as good?

Many people take oral vitamin D and still have suboptimal levels due to the lower absorption rates when taken orally. Studies show that to get your vitamin D levels up, you must take higher dosages than the Recommended Dietary Allowance (RDA). Injectable vitamin D is usually dosed 5-10x's higher than oral supplementation for faster increases of vitamin D saturation - helping you feel better faster.

## How do I avoid getting too much vitamin D?

While most people who take vitamin D do feel better, it's hard to tell when you might be getting too much. It is recommended that you test your vitamin D levels occasionally to ensure you'll levels are high enough but not too high. It is recommended that you check your vitamin D levels once per year. Ask your provider how you can get your vitamin D levels checked.

## References

1. Bouillon R, Manousaki D, Rosen C, Trajanoska K, Rivadeneira F, Richards JB. The health effects of vitamin D supplementation: evidence from human studies. *Nat Rev Endocrinol*. 2022;18(2):96-110. doi:10.1038/s41574-021-00593-z
2. Pludowski P, Holick MF, Grant WB, et al. Vitamin D supplementation guidelines. *J Steroid Biochem Mol Biol*. 2018;175:125-135. doi:10.1016/j.jsbmb.2017.01.021