



ORTHOHEALING
C E N T E R

Vitamin D Deficiency Supplement Guidelines

Vitamin D deficiency or borderline low values have been associated with pain and fatigue. Replenishing Vitamin D levels may improve these symptoms.

The following are dosing recommendations for Vitamin D3 (Cholecalciferol) replacement therapy:

- Week 1-8: Take one Power-D tab twice a day Monday through Friday only
- Weeks 9-16: Take one Maintenance-D tab twice a day everyday of the week
- After 4 months of Vitamin D3 intake, we will recheck your Vitamin D blood levels.

For a 4 month supply, you will need to purchase the Power D (5000 units) as well as the Maintenance D (1000 units). Each bottle costs \$22. Unfortunately vitamin manufacturing is unregulated and there is no assurance in quality of product. Therefore the doctors at the Orthohealing Center have recommended a vitamin D product that has passed rigorous scrutiny. Like most vitamin supplementation, insurances typically do not cover the costs and it is an out-of-pocket expense.

Side affects of Vitamin D are rare and minor and only occur at toxic high levels. These include nausea, vomiting, poor appetite, excess urination, increased thirst, ear ringing and dry mouth. If you begin experiencing this cluster of symptoms while taking Vitamin D supplementation, please contact the Orthohealing Center.

Contraindications to Vitamin D supplementation include hyperparathyroidism, severe kidney disease, tuberculosis and other conditions that lead to extremely high calcium levels. Also, tell your doctor if you are prone to kidney stones or taking diuretics (“water pill”).

To purchase The Orthohealing Center Vitamin D supplements please stop by our office to pick up supplies or call our office manager Shelley Mendelson for further details at (310) 453 5404.