



KINGWOOD
23802 HIGHWAY 59 NORTH
KINGWOOD, TX 77339-1510
TELEPHONE: 281-312-5400
FACSIMILE: 281-312-5440

Vitamin D

Vitamin D promotes calcium absorption in the body and is needed for bone growth. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. Together with calcium, vitamin D helps protect older adults from osteoporosis.

Vitamin D deficiency can occur when usual intake is lower than recommended levels over time, exposure to sunlight is limited, or absorption of vitamin D from the digestive tract is inadequate. Vitamin D-deficient diets are associated with milk allergy, lactose intolerance, or vegetarian diets.

Symptoms of bone pain and muscle weakness can indicate inadequate vitamin D levels, but such symptoms can be subtle. Vitamin D deficiency can also lead to generalized fatigue.

Therefore, to correct this you have 2 options:

1. You can take a Vitamin ADK 10,000IU supplement daily for 6-10 weeks. Once you have been on this for 6-10 weeks you will need to have your vitamin D levels rechecked to ensure your levels have returned to the normal range. This vitamin D supplement is excellent and has vitamin K2 in it which helps the vitamin D bind to your bones. It is available for purchase here at Her Healthcare for \$29.25 for a 90 day supply.
2. You can be placed on a prescription of vitamin D which is 50,000IU that is to be taken twice a week for 5 weeks. Once the prescription is completed you will need to have your vitamin D levels checked again through blood work to ensure that levels have returned to a normal range. At that time you should continue with an over the counter vitamin D and Calcium supplement. We recommend 1,000-1,200 mg of calcium and 5,000IU Vitamin D daily. We offer Vitamin ADK 5,000IU for purchase here at Her Healthcare for \$29.25 for a 90 day supply.

If you have any further questions or would like to purchase our vitamins we offer, please call our office and ask to speak to the nurse of your provider at 281-312-5400.