



In this Issue:

1. ['Sunshine' Vitamin Provides Multiple Benefits](#)
2. [ALTRUM Online: October ALTRUM News](#)

'Sunshine' Vitamin Provides Multiple Benefits

Vitamin D, often called the “sunshine vitamin,” is actually a fat-soluble hormone that your body can synthesize naturally. There are several forms, including two that are important to humans: D2 and D3. Vitamin D2 (ergocalciferol) is synthesized by plants, and vitamin D3 (cholecalciferol) is synthesized by humans when skin is exposed to ultraviolet-B (UVB) rays from sunlight. The active form of the vitamin is calcitriol, synthesized from either D2 or D3 in the kidneys. Vitamin D helps to maintain normal blood levels of calcium and phosphorus.



Why Do You Need Vitamin D?

Research shows Vitamin D is important for protecting the integrity of your bones because it assists in the absorption of calcium and promotes bone mineralization, which may prevent or slow the progression of osteoporosis, according to Dr. Andrew Weil.

Vitamin D3 provides a number of other benefits. It also helps to strengthen the immune system and protect against a number of serious diseases, including rickets and osteomalacia, according to Weil. Research suggests vitamin D may also provide protection from hypertension, psoriasis, several autoimmune diseases (including multiple sclerosis and rheumatoid arthritis), and reduce the incidence of fractured bones, according to Weil.

What Are The Signs Of A Deficiency?

Deficiencies of vitamin D are common, especially in industrialized countries in northern latitudes, where sun exposure is typically infrequent. Low levels of vitamin D may be indicated by porous bones, weak muscles and easy fracturing, according to Weil.

How Much Vitamin D Should Adults Take?

According to the National Institutes of Health (NIH), the daily Adequate Intake (AI) for adults is 5 mcg (200 IU) daily for males, female, and pregnant/lactating women under the age of 50. People 50 to 70 years old should get 10 mcg daily (400 IU) daily, and those over 70 should get 15 mcg daily (600 IU). Based on recent

research, Dr. Weil recommends 2,000 IU of vitamin D per day. Look for supplements that provide D3 (cholecalciferol) rather than D2 (ergocalciferol).

What Are Some Vitamin D Foods?

It isn't easy to get enough vitamin D from your diet. While fortified vitamin D foods such as milk and cereals are available, most provide vitamin D2, a form which is much less well utilized by the body than D3. Good dietary sources include fortified foods, eggs, salmon, tuna, mackerel and sardines.



October ALTRUM NEWS Strategies to Stay Well This Winter

Despite having a well-functioning immune system, there are times when a pathogen gets past your immune defenses and then the battle is on between your immune cells and the virus or bacteria that wreaks havoc on your system. We are especially vulnerable during the cold winter months. This issue of *ALTRUM News* brings you some strategies for how to stay well.

ALTRUM Vitamin D3 provides 2,000 IU of vitamin D3 in each capsule, along with organic superfoods for a multitude of health benefits.

More Health Benefits of Vitamin D3

- Helps maintain normal blood levels of calcium and phosphorus*
- Helps protect against osteoporosis*
- Helps maintain healthy blood pressure*
- Helps support colon health*

ALTRUM Vitamin D3 contains no genetically modified ingredients (non-GMO), artificial colors, artificial flavors or preservatives.



* These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

Please check with your physician when using prescription medication in combination with food supplements.

ALTRUM News brings you the most recent information on ALTRUM nutritional supplements and how nutrition helps maintain youthful vigor, health and mobility — plus much more.



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