

aburke98524

Yet again, as in the case of Vitamin A and Omega 3 fats, plant sources of a nutrient are shown to be inferior to animal-based sources. This is not to disparage the role of plant foods in our diets, nor to deny that the majority of our food intake should consist of plants, but, despite the continued protestations of vegan advocates, H. sapiens is an omnivorous species after all.

Posted On 07/17/2017

olushola

As you take vitamin D, consider increasing retinol (animal form of vitamin A). According to www.ncbi.nlm.nih.gov/.../15964518, Calcitriol, the hormonal form of vitamin D3, sensitizes breast cancer cells to reactive oxygen species (ROS)-dependent cytotoxicity induced by various anticancer modalities. This effect could be due to increased generation of ROS and/ or to increased sensitivity of the target cells to ROS.

According to gotmag.org/.../hormone-d, specifically the article titled IRON TOXICITY, This is NOT a good thing! since unbound iron LOVES to interact with H2O2 and create the Hydroxyl Radical (OH*), which is the most destructive chemicals in the human body. Even modest amounts of vitamin D, whether provided by UV-light or in the diet, decrease liver stores of vitamin A. Said another way, vitamin D increases the production and/or prevalence of H2O2...and what's equally as important is to understand that Retinol stops the H2O2 that ages us

Posted On 07/17/2017

drbrhm

Thanks alot for these valuable information

Posted On 07/20/2017

Marian Araci

Me and my daughter have been facing an issue with the 5000 IU vit D and 180 mcg Vit K2 formulation. I used the Dr. Mercola's brand and then the same formulation from few other providers. We feel dizzy, poisoned, almost falling off. We tried it many times and this poisoning effect is almost instant. When we quit, we feel better again. Can anyone give me a clue about?

Posted On 07/18/2017

SalsaDave

Mercolas brand uses the MK7 form of vitamin K2. This MK7 is also available in natto where it is made by bacteria. The MK7 is partially functional in the human body but what the body makes for its own use is the MK4 form of vitamin K2. This form of vitamin K2 gets around the body better and is used in more places than the MK7 form. The MK4 form is also much better researched due to its critical connection with the biology of the body in humans and animals.

A subgroup of people are sensitive to the MK7 form of vitamin K2. You appear to be in that group. The typical signs for MK7 sensitivity are anxiety, sleeplessness, a thumping heart beat and increased blood pressure when taking the MK7. Usually these symptoms are not harmful but they are very annoying.

Try switching to an MK4 only form of vitamin K2 in a dose of 1 mg to 5 mg taken daily. The MK4 form is not common in stores, but they can be found in nutrition mail order houses. Good brands are Carlson and Thorne. Read the side detail panels of any purchase to make sure no MK7 is included as combination products are also popular.

It would be very rare for you to have a reaction to the MK4 form of vitamin K2, safety trials have been run for months at doses of 135 mg per day with a minimum of side effects.

Posted On 10/13/2017

Test your Vitamin D3 with the test called 25 OH Vitamin D (also called 25 Hydroxy Vit D) then also test your 1,25 Vitamin D and if you are over converting 25 OH to 1,25, this may explain the problem you encountered.

Here is what I learned:

Perform 25(OH) D and 1,25 (OH)₂ D at the same time.

If the 1,25 (OH)₂ D is high and the 25(OH)D is low or normal, then this suggests that vitamin D is all being converted to the 1,25 form and should not be taken as a supplement. The 1,25 (OH)₂ D can be elevated even when the 25 (OH) is low.

Marshall's idea, as I understand it, is that there is some virus or bacteria that is being driven by the Vit D and the 25(OH) D is being converted in the microbe to the 1,25 (OH)₂ D form, the process of which is supporting the pathogen.

If the 1,25 (OH)₂ is OK, then it should be OK to supplement it.

When it is difficult is when the patient tests for Vitamin D, has a very low 25(OH)D and a high 1,25(OH)₂ D. Part of the patient needs vit D and another part does not. So you must titrate the dose and also attempt to support the immune system to overcome whatever microbe is driving the process.

Also, there could be other causes to your situation.

You can also read other info on pros and cons but above is what makes sense to me. Not necessarily the below that I found. So the below is just FYI:

Vitamin D: Pros and Cons

medshadow.org/vitamin-d-pros-cons/?gclid=Cj0KCQjw17n1BRDEARIsAFDHFez00..

Posted On 05/03/2020

In some actions, vitamin D together with K2 has complementary aspects and in others synergistic. The doses of vitamin D and K2 must be balanced. For example, 5000 IU of vitamin D3 (to achieve in the blood the optimal level for health and disease prevention, including cancer prevention, is between 60 ng/mL and 80 ng/mL (150-200 nmol/L)) and 159 to 180 mcg of vitamin K2 (MK-7) per capsule. These articles address the questions you ask. **THE SCIENCE BEHIND TAKING VITAMIN D AND K TOGETHER FOR ENHANCED HEALTH OUTCOMES** www.rupahealth.com/post/the-science-behind-taking-vitamin-d-and-k-together. (2024).--- **THE SYNERGISTIC INTERPLAY BETWEEN VITAMINS D AND K FOR BONE AND CARDIOVASCULAR HEALTH: A NARRATIVE REVIEW.**- Current evidence supports the idea that joint supplementation of vitamins D and K may be more effective than consuming either alone for bone and cardiovascular health.

As more is discovered about the powerful combination of vitamins D and K. Taken together, animal and human studies suggest that optimal concentrations of vitamin D and vitamin K are beneficial for bone and cardiovascular health, as supported by genetic studies , molecular, cellular and some studies in humans.

However, vitamin D and calcium supplementation along with vitamin K deficiency could also induce long-term soft tissue calcification and CVD, particularly in vitamin K antagonist users and other high-risk populations. www.hindawi.com/.../7454376 (2017).- **VITAMIN K2 AND D3 HEALTH BENEFITS: WHAT THE SCIENCE SAYS** www.traceminerals.com/blogs/post/vitamin-k2-and-d3-health-benefits-what-the-science-says. (2023).-- **PLAUSIBLE MECHANISMS BEHIND SYNERGISM BETWEEN MAGNESIUM, VITAMIN D AND VITAMIN K IN MANAGEMENT OF TYPE 2 DIABETES.**- www.sciencedirect.com/science/article/abs/pii/S0306987723002359 (2024).--

Posted On 05/04/2024

Guillermou

Additionally, vitamin D3 and phytochemicals synergistically contribute to anti-aging by working with aging-related genes. Furthermore, the prevention of aging processes induced by chronic inflammation requires the maintenance of a healthy intestinal microbiota, which is related to daily dietary habits. In this sense, supplementation with vitamin D3 and phytochemicals plays an important role.

www.mdpi.com/.../2125 (2024).-- A study evaluating the relationship of vitamin D with cancer states that maintaining blood vitamin D levels between 100 and 120 nmol/L can prevent about 58,000 new cases of breast cancer and 49,000 new colorectal cases each year. These intakes can also reduce mortality from breast, colorectal and prostate cancer by half.

Another five-year study showed that an increase in vitamin D levels reduces the risk of breast cancer. Women who took vitamin D and calcium supplements experienced an 18% lower risk of breast cancer. 14 A study of 5,706 people showed that people with vitamin D levels of 87 to 100 nanograms per liter had a 27% lower risk of colorectal cancer. Mainly this risk is lower in women. fifteen An analysis of 7 studies found that vitamin D can reduce the mortality rate in patients with prostate cancer.

hydroniquehydration.com/blogs/news/vitamin-d-six-incredible-benefits-f.. (2023).--

Posted On 05/04/2024

juststeve

And Gui, not only does natural sunlight exposure at the right levels shut it self off when levels are what the body needs or wants for Vita D, as Dr Step Steniff, (sp?) has researched, interacts with Cholesterol so it can also be used as is it what needed for. So important if someone does not have an ability to produce Cholesterol they will die. If they don't get enough from diet, the body itself creates it if possible. Yet we are told stay out of sunlight, fear, fear, fear Cholesterol.

Posted On 05/04/2024

Good point Just, scientists say that Roundup significantly disrupts the functioning of beneficial bacteria in the intestine and contributes to the permeability of the intestinal wall and the subsequent expression of autoimmune disease symptoms. The damaged villi associated with celiac disease are affected in their ability to absorb a number of important nutrients, including vitamins B6, B12 (cobalamin), and folic acid, as well as iron, zinc, calcium, and vitamins D and K. . Therefore, long-term celiac disease leads to significant deficiencies in these micronutrients, vital against COVID-19. In addition to multiple chronic and degenerative diseases. www.ncbi.nlm.nih.gov/.../PMC3945755 (2013) www.ncbi.nlm.nih.gov/.../PMC4392553 (2015) P450, Also known as CYP2R1, it controls the processing of vitamin D in the liver. P450 is "suppressed" by Roundup / Glyphosate, as well as some genes vitamindwiki.com/Investigation+on+Roundup+-+glyphosate+at+VitaminDWiki (2012 to 2016)

Posted On 05/04/2024

Almond

This is a special heartfelt message to all Mercolians. It may be one of the most important and subtle things I ever write, so please pay attention. I cannot say more for fear of censorship. -But, I will try. We are living in perilous times. The sands of time are shifting beneath our feet. Great evil continues to be released among us. It comes from all directions, even where we least expect it. Be especially aware of the unexpected. Be very careful of many whom you might have long trusted—people are being corrupted and mislead. It is sad when you see this happen to friends or relatives, but you must be responsible for your own life and the welfare of your own household.

The goal is to control us by regulating our minds and possessing our souls. Hopefully, most of the adults and many of the young readers have already established their identity, faith and are confident and secure in themselves. We also hold strong responsibility for the children who are yet, unformed in their true natures. I gained one important life lesson from my dramatic recovery from cancer. Do not believe what you are told only because it is repeated by some kind of “expert”. Retain an open mind, but, at the same time, prove everything to yourself. All logic must be established on a firm foundation.

Do not take anyone else’s word for anything. Educate yourself. Do your own research comparing various sources. Study a thing as far back as the premises upon which it is founded before taking any life-altering actions. If the foundation is not strong, the conclusions built upon it will be faulty. This is a time for critical thinking. Avoid responding only emotionally. Acquire skills and knowledge. Become as self-reliant as you can. Avoid the dependency trap. Stay strong, remain united in purpose and committed to all that is good. Help each other. May you all lead lives of righteousness and be richly blessed. Love to one and all

Posted On 05/04/2024

sandy10m

For some reason, I am unable to take Vitamin D3 as it causes massive migraines at miniscule levels (less than 400 IU). But I am able to take D2, after slowly ramping up over time. I agree with the recommendation for combination with K2-MK7. I am currently taking $2400 \times 3 = 7200$ IU D2 with 100 mcg K2-MK7 every day (3 divided doses for the D2, with meals). By doing this, I have been able to raise my blood level to 82. That's a little higher than the 60-80 that I was trying for, but I think it's working great (considering I started at 14). Interestingly, if I reduce from 3x to 2x D2 per day, my blood level drops to 42.

It isn't linear. So I accept the slightly higher blood level to support my health. The actual RDA is supposed to be 4000 IU per day, not 400 IU. It was changed to 800 IU recently (a few years ago), but 3 separate journal articles showed that the original study that determined 400 IU had faulty math by a factor of 10. Of course nothing was done about it. So taking 5000 IU per day would help people to slowly build up their blood level without any risk. Taking more (10,000 IU) would speed up that process.

Posted On 05/04/2024

PithHelmut

I have read to watch out that Vitamin D tablets do not contain cholecalciferol which is a rat poison. I still haven't gotten to the bottom of this to get clarity. Do all Vitamin D supplements carry this chemical?

Posted On 05/11/2024

anthony.aaron47

Getting Vitamin D levels tested -- at least for those of us on Medicare -- is not covered generally and is apparently a minimum of \$75 in my locale (Clark County Washington).

Posted On 05/05/2024

PithHelmut

Right. I don't want to rely on doctors either. Perhaps there's a way we can test at home? I really know nothing about such alternatives for blood testing.

Posted On 05/11/2024

jncdvc

Wild-caught Alaskan salmon is not the same as Wild Alaskan Salmon. Wild Alaskan Salmon has much higher levels of vit D and is not manipulated by man as it grows.

Posted On 05/04/2024

TheBearRuns

"Several governments around the world, including the U.S. National Institutes of Health, assert there's no difference between vitamins D2 and D3 and that interchanging the two makes no difference whatsoever in your body's levels". No surprise there! That is because the USG follows the POLITICAL science.

Posted On 05/04/2024

PithHelmut

I don't know why they don't hang their head in shame and incompetence. Just like CBD and THC, they treated both hemp and marijuana as the same thing. What dingbats. How can anyone take the advice of those knuckleheads?

Posted On 05/11/2024

judyap

unfortunately sarcadosis patient are not recommended to take vit. d or supplements to raise calcium levels sometime I just do

Posted On 05/04/2024
