

Got “D”?

by Dr. Katherine Wiggins

Since a 2006 British journal reported a connection between the flu and vitamin D deficiency, the previously obscure vitamin D has received some valuable attention¹. In 2008, the American Academy of Pediatrics doubled its vitamin D recommendations for infants, children, and adolescents to 400 IU's a day in response to the growing recognition of vitamin D deficiency as an epidemic².

For children and adults who do not receive adequate sun exposure, experts recommend a minimum of 1000 IU's daily. Best known for its role in building and maintaining strong bones, vitamin D also helps regulate the respiratory immune system by decreasing inflammation and increasing white blood cells ability to kill microbial invaders.

Treating children with vitamin D reduced the incidence of respiratory infections. Vitamin D also and neuromuscular systems, and is key to optimizing health¹. The recommended form is D3, or cholecalciferol, the natural and most easily absorbed form, which the body makes from sunlight. The easily taken, void of taste, liquid drop a day supplement is easy to take for parents and kids alike.

Talk to Dr. Wiggins about which vitamin D is right for you and the many other ways to boost your immune system. Please visit her website at www.drkatewiggins.com.

1. Cannell JJ, et al. Epidemic influenza and vitamin D. *Epid and Infection* 2006 Dec;134(6):1129-40.

2. Holick MF. The vitamin D epidemic and its health consequences. *J Nutr* 2005;135(11):2739S-48S