



A SUPERIOR PRODUCT THAT LIVES UP TO ITS PROMISE!

CHECK VITAMIN D LEVELS

You will confirm that Maximum D3[®] works!

LOADING

The most common regimen for loading and initial follow up with Maximum D3[®]:

- Serum 25(OH)D <18-20 ng/ml: **10,000 IU (1 gel cap) daily for 30 days, then 20,000 IU (2 gel caps) weekly**
- Serum 25(OH)D >20 ng/ml: **20,000 IU (2 gel caps) weekly**
- Then reassess 25 (OH)D levels after 12 weeks.

These recommendations apply only to Maximum D3[®].

DESIRABLE LEVELS

The ideal range is generally between 30 and 60ng/ml of 25(OH) cholecalciferol.

It is generally recognized that the minimal blood level needed to prevent overt bone disease is 20 ng/ml.

Good evidence exists for a risk of overt bone disease (osteomalacia, Rickets) with levels below 20 ng/ml. There is decent evidence for suboptimal calcium absorption with levels below 32 ng/ml. Primitive sun exposed populations have 25(OH)D levels predominantly in the 40-60 ng/ml range.

Toxicity from short term exposure requires levels near or above 150 ng/ml. Studies to assess the long-term safety of levels from 80 to 150 ng/ml are lacking. The Institute of Medicine recommends against doses averaging above 4,000 IU/day in unsupervised patients. The above recommendation is based on lack of evidence for additional benefit, limited data for adverse effect and uncertainty over toxicity from chronic use.

MADE IN THE U.S.A.



www.MaximumD3.com