



CHUGHTAI LAB
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Vitamin D is important for overall health and strong bones.

It's also an important factor in making sure your muscles, heart, lungs and brain work well and that your body can fight infection.

Your body can make its own Vitamin D from sunlight. You can also get Vitamin D from supplements and a very small amount comes from a few foods you eat.

The Vitamin D that you get in your skin from sunlight, and the Vitamin D from supplements, has to be changed by your body a number of times before it can be used. Once it's ready, your body uses it to manage the amount of calcium in your blood, bones and gut and to help cells all over your body to communicate properly. Your body must have Vitamin D to absorb calcium and promote bone growth. Too little Vitamin D results in soft bones in children (rickets) and fragile, misshapen bones in adults (osteomalacia). You also need Vitamin D for other important body functions.

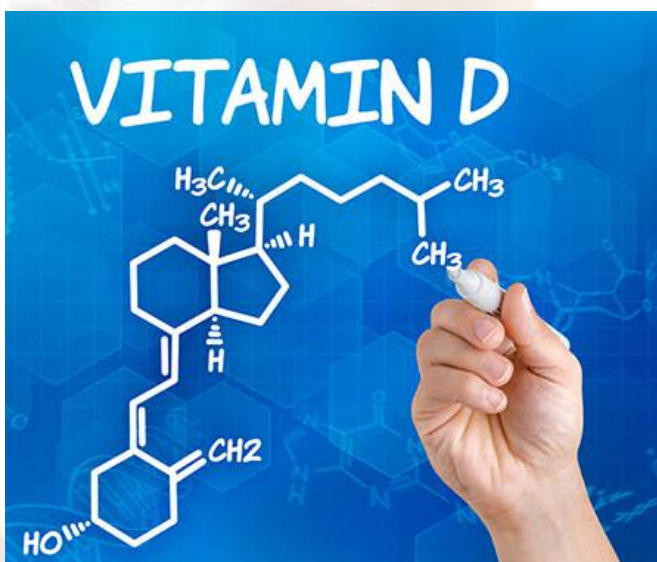
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Types of Vitamin D

D & D3:

Vitamin D and D3 are almost the same. It is good to have Vitamin D which is build with sunlight. D3 is the mostly recommended type of Vitamin D3.



D2:

Many supplements contain Vitamin D as Vitamin D2 or calciferol. It's derived from irradiated fungus. This form of vitamin is consumed mostly through foods and products.

Vitamin D & Pregnant Women

Expecting mothers need to make sure they get the recommended amounts of Vitamin D during pregnancy for both their own well being and the healthy development of their baby. The most significant compounds for human development are D2 and D3.



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How much Vitamin D do you need?

	Vitamin D Council	Endocrine Society	Food and Nutrition Board
Infants	1,000 IU/day	400-1,000 IU/day	400 IU/day
Children	1,000 IU/day per 25lbs of body weight	600-1,000 IU/day	600 IU/day
Adults	5,000 IU/day	1,500-2,000 IU/day w	600 IU/day, 800 IU/day for seniors

Symptoms and Health Risks of Vitamin D Deficiency

Symptoms of bone pain and muscle weakness can mean you have a Vitamin D deficiency. However, for many people, the symptoms are subtle. Yet, even without symptoms, too little Vitamin D can pose health risks. Low blood levels of the vitamin have been associated with the following:

- Increased risk of death from cardiovascular disease
- Cognitive impairment in older adults
- Severe asthma in children
- Cancer
- Depression
- Osteoporosis
- Chronic pain
- Breast cancer
- Weight gain
- Heart diseases
- Prostate cancer
- Colon cancer
- Vitamin D deficiency has now been linked to many other maladies.



Causes of Vitamin D Deficiency

Vitamin D deficiency can occur for a number of reasons:

You don't consume the recommended levels of the vitamin over time. This is likely if you follow a strict vegan diet, because most of the natural sources are animal-based, including fish and fish oils, egg yolks, fortified milk, and beef liver.

Your exposure to sunlight is limited because the body activates Vitamin D when your skin is exposed to sunlight. Your risk of Vitamin D deficiency is more if you are homebound, live in northern latitudes, wear long robes or head coverings for religious reasons, or have an occupation that prevents sun exposure.

You have dark skin. The pigment melanin reduces the skin's ability to make Vitamin D in response to sunlight exposure. Some studies show that older adults with darker skin are at high risk of vitamin D deficiency.

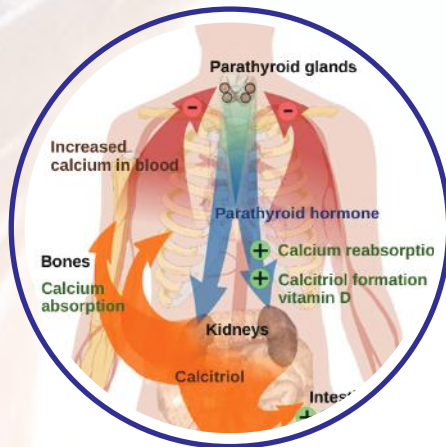
You are obese. Vitamin D is extracted from the blood by fat cells, altering its release into the circulation. People with a body mass index of 30 or greater often have low blood levels of Vitamin D.



Benefits of Vitamin D

Vitamin D is beneficial and helpful in treating these ailments:

- Neuromuscular disease
- High Blood Pressure
- Life cycle human cells
- Autoimmune
- Autism
- Flue



Excessive Vitamin D

Too much of any good thing is a bad thing. Too much Vitamin D can cause an abnormally high blood calcium level, which could result in nausea, constipation, confusion, abnormal heart rhythm, and even kidney stones.

Normally it is impossible to have excessive Vitamin D but exceptional cases are always there. Overdose of supplement can be one of the reasons to have excessive Vitamin D.



How to get Vitamin D in Summers & Winters?

One should plan an outdoor activity to avoid vitamin deficiency. Any outdoor activity for 20 minutes is good for health. In winters expose yourself even more to sun rays for better vitamin D.



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Vitamin D Facts

- Many supplements contain vitamin D as vitamin D2
- Supplements are made from the fat of lambs' wool.
- Improves your verbal communication
- Reduces chances of premature death
- Without Vitamin D calcium doesn't work
- In 1919 Vitamin D was called Vitamin A
- Many people are deficient to Vitamin D but don't know it.
- Just consumption of milk is not enough increase Vitamin D

Sunscreen Consumption

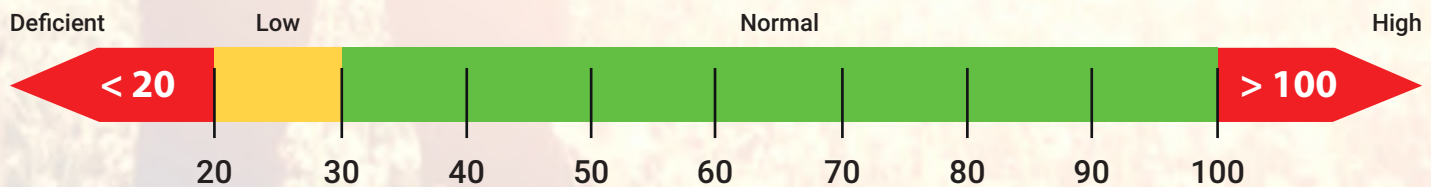
Skin Types	Skin Color	Skin Characteristics
	Very fair, red or blond hair, blue eyes; freckles	Always burns, never tans
	Fair; sandy or red hair, blue, hazel or green eyes	Usually burns, tans with difficulty
	Fair; with any eye or hair color; very common	Sometimes mild burn, gradually tans
	Dark brown hair, green, hazel or brown eyes	Rarely burns, tans very easily
	Dark brown and black hair; brown and dark brown eyes	Very rarely burns, tans very easily
	Black hair, dark brown eyes	May never burn, tans very easily

Precaution

All the types of Vitamins D have their own functioning and benefits. If you have a prescription for one of these medications, do not switch to another form of vitamin D without checking with your doctor.

Vitamin D Check & Balance

The best way to keep a check is to get yourself tested after few months, at least thrice a year to know your health better. Chughtai Lab offers Vitamin D test. The report has really easy test scaling for an ordinary person to understand and read their own reports.



**Do you know where you are on the Vitamin D scale? Get yourself checked now!
For test details you can also call us at 03 111 456 789**