

Essante Vitamin D3

Vitamin D3 (Partner Product: Essante Calcium)

What is Vitamin D/D3 and why are we deficient? Vitamin D/D3 is critical to overall bone and joint health. Very few foods naturally contain Vitamin D. Fatty fish such as salmon and cod are good sources. The main source of vitamin D is the sun, which is possible if an individual lives in a sunny climate and spends a reasonable amount of time in the sun consistently. Colder climates, or areas where being overcast is more likely, it is almost impossible to average the amount of Vitamin D/D3 required.

pH Imbalance, i.e., over acidity may cause you to leach calcium from your bones: *Calcium carries a 12 pH and is used by the body to neutralize body acidity, i.e., your body may leach calcium from your bones to neutralize either existing acidity or incoming acidity.* When calcium levels are low (which may be due to insufficient vitamin D(3) and calcium/magnesium/boron intake or availability), the body activates the parathyroid gland, which produces PTH (parathyroid hormone), activating the parathyroid gland, which produces PTH (parathyroid hormone). This hormone initiates Vitamin D hormone production and assists removal of calcium from the bones to be used in more important functions such as neutralizing body acidity.

Bio available Vitamin D3 (in conjunction with Calcium) is essential to utilize calcium and phosphorus (drive calcium to the bone), for normal bone growth, development and to maintain bone density. Vitamin D acts as a hormone and increases re-absorption of calcium and phosphorus by the kidneys and *may increase calcium around damaged joints in persons with gout and/or rheumatoid arthritis. Vitamin D3 has been used in conjunction with treatment, to prevent and treat a variety of disease.* Scientific evidence supports that Vitamin D likely plays an important role in controlling various auto immune type disorders.

Bone Growth & Development: Vitamin D (with our Essante Calcium) is essential for normal bone growth and development, and to maintain bone density. It is also necessary for utilization of both calcium and phosphorus. Again, Vitamin D acts as a hormone and increases re-absorption of calcium and phosphorus by the kidneys and increased bone turnover. Vitamin D may also increase the availability of calcium around damaged joints in persons with gout and rheumatoid arthritis.

Disease: Scientific evidence supports the concept that Vitamin D likely plays an important role in disease, and in controlling auto-immunity and MS. For example, studies done by P. Goldberg in 1974 show that the conspicuous high prevalence of MS in areas of the world that receive a "relatively low amount of sunlight" which may be linked to vitamin D deficiency. In addition, science recognized, based on tests done in the 1980's, that immune cells carry a receptor for the active hormone of vitamin D and that this hormone could support or regulate immune functions. Further research continued to disclose important ways in which vitamin D positively affects the immune system, decreasing risks.