

Facts:

1. Take your vitamin D supplement with the largest meal of the day. A study found that taking it with a large meal increases vitamin D absorption by up to 50 percent.

- [Mulligan GB](#) and [Licata A](#). Department of Endocrinology, Diabetes, and Metabolism, Cleveland Clinic Foundation, Cleveland, OH 44195, USA.
- [Mulligan GB](#) and [Licata A](#). Journal of Bone and Mineral Research. 2010, 25(4):928-930.

2. chocolate, coffee, alcohol, sugar and excess consumption of any sweetener (e.g. honey, rice syrup, etc.), excess meat consumption Reduces calcium absorption

- Regtop, H. Is magnesium the grossly neglected mineral? International Nutrition Review? International Clinical Nutrition Review 3: pp 18-19, July 1983
- Levine, B. and Coburn, J. Magnesium: the mimic/antagonist of calcium. New England Journal of Medicine 310: pp 1253-1255, May 10, 1984
- Pitchford, P. Healing with whole foods: Asian traditions and modern nutrition (ed 3). Berkley: North Atlantic Books, 2002

3. The American Academy of Pediatrics (AAP) recommends that exclusively and partially breastfed infants and children receive supplements of 400 IU/day of vitamin D (as vitamin D-fortified formula or whole milk) prevents infants and children from Rickets and provides good health.

Wagner CL, Greer FR; American Academy of Pediatrics Section on Breastfeeding; American Academy of Pediatrics Committee on Nutrition. Prevention of rickets and vitamin D deficiency in infants, children, and adolescents. Pediatrics, 2008;122:1142-1152.

4. Good amount of Calcium intake greater than 1000 mg/day calcium had lower risks of kidney stones compared to women with daily intake of less than 500 mg/day

- John A Sunycz. Therapeutics and Clinical Risk Management 2008;4(4) 827-836
- Curhan GC, Willett WC, Speizer FE, et al. 1997. Comparison of dietary calcium with supplemental calcium and other nutrients as factors affecting the risk for kidney stones in women. *Ann Intern Med*, 126:497-504.

5. vitamin D deficiency is related to so many health concerns: osteoporosis, depression, heart disease and stroke, cancer, diabetes, parathyroid problems, immune function — even weight loss.