

## From our researcher, Bob Powrie

It is with great amazement I present this leaflet outlining the effect that Vitamin D has on our physical & mental beings. This association begins before birth, & is in many ways is dependent on the birth mother to ensure she is adequately supplemented.

Of course no one tells her... The information is available, but for un-explained reasons it remains untold until now.

**Deficiency** during pregnancy of Vitamin D cause things like:

i. From baby to adulthood their teeth will forever be troublesome, subject to faster decay.

ii. Children who were born to mothers who had low vitamin D status in pregnancy had more body fat when they were six years old.

iii. Recently, they have discoveries that vitamin D3 plays a vital role in regulating the immune system, and that low levels may increase the risk of allergies, infection, autoimmune diseases, cancer, and heart disease.

iv. Insufficiency during pregnancy is significantly associated with the offspring's language impairment.

I am amazed this info is not more readily available to all mums, & the cost to implement sufficiency in vitamin D3 is merely pennies a day.

Do yourself a favour, call me or one of our agents & supplement your whole family, all medical bills will substantially reduce.

**Vitamin D deficiency:  
The root of all evil ???**

## Vitamin D Deficiency : Symptoms in Babies & Children

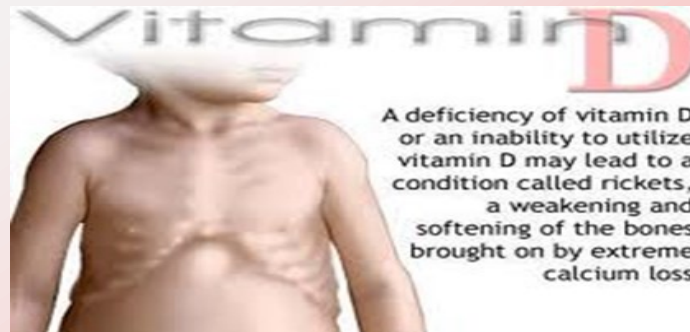
- Babies with severe vitamin D deficiency can get muscle spasms (cramps), seizures and breathing difficulties.
- Children with severe deficiency may have soft skull or leg bones. Their legs may look curved (bow-legged). This condition is known as rickets.
- Poor growth. Height is usually affected more than weight. Affected children might be reluctant to start walking.
- Tooth delay. Children with vitamin D deficiency may be late teething as the development of the milk teeth has been affected.
- Irritability in children can be due to vitamin D deficiency.
- Children with vitamin D deficiency are more prone to infections. Respiratory (breathing) symptoms can occur In severe cases. Breathing can be affected because of weak chest muscles and a soft ribcage.

### Is vitamin D supplementation really necessary for breastfed babies?

Vitamin D supplementation for breastfed newborns is a hot topic. Though it's strongly recommended by the American Academy of Paediatrics, many parents understandably question the need for it. After all, isn't breast milk nature's perfect food? Aren't we undermining breastfeeding promotion by saying mother's milk is deficient in something?

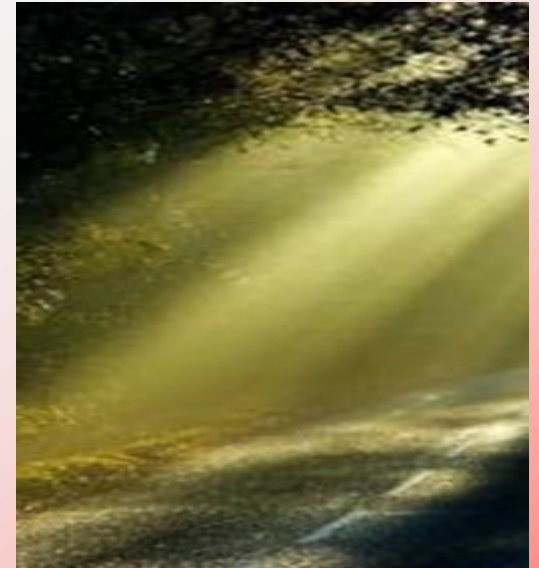
#### So why are breastfed babies at risk for vitamin D deficiency?

Many pregnant or lactating women don't have enough vitamin D for their own bodies, let alone enough to build up their babies' supply. A mother's problem soon becomes her baby's problem, too. Taking "**The Dental Essentials**" during pregnancy is also a safe, natural way to set your child up for a lifetime free of tooth decay. If you've ever wondered why some kids never get cavities, now you know.



**Pediatric HELP with  
Vitamin D3 + MgT.**

**D'Life 400 with MgT.  
Supplementation**



**D<sup>+</sup>CS D3  
HEALTH LABS.**

## A MUST READ

### Are they vitamin D deficient?

Severe deficiency of vitamin D can cause rickets in children and osteomalacia, a similar disorder, in adults. Lesser degrees of deficiency may be characterized by loss of appetite, a burning sensation in the mouth and throat, diarrhea, insomnia, visual problems, and weight loss.

Vitamin D deficiency begins slowly before physical signs and symptoms of rickets appear. In light of these factors, and because human milk contains only a small amount of vitamin D, the American Academy of Pediatrics (AAP) recommends that all breast-fed infants receive 400 international units (IU) of oral vitamin D daily beginning during the first two months of life. AAP also recommends that all children and adolescents should receive 400 IU a day of vitamin D.

In a study, it was discovered that maintaining sufficient vitamin D among pregnant women and during childhood was necessary to satisfy the vitamin D receptor in the brain integral for brain development and mental function maintenance in later life. These various health conditions associated with vitamin D deficiency need not be something to fear.

A proactive approach to prevention can assist in the avoidance of the many chronic diseases associated with vitamin D deficiency. For one, thousands of dollars can be saved, not to mention the peace of mind, simply at the cost of taking a walk under the sun. Save the umbrellas for the rainy days.



healthychildren.org  
Powered by pediatricians. Trusted by parents.  
from the American Academy of Pediatrics

### Pediatric Research

A study published in the March 2012 issue of Pediatrics, has shown again how important vitamin D3 supplementation is during pregnancy. This study measured the vitamin D level of pregnant women and then observed language development in their children at different ages (2, 5, 8, 10, 14, and 17 years of age). The study found that women who had a vitamin D level less than 46 nmol/L during pregnancy were at least twice as likely to have children with language difficulties at ages 5 and 10 years compared to women with a vitamin D level of 70 nmol/L or higher.

This finding is especially interesting because most labs place the normal limit of serum 25(OH)-vitamin D in the 30 range, rather than the 70 range. Many vitamin D experts have said that a range of 60 to 100 is ideal, and this study suggests that at least during pregnancy these higher levels of vitamin D are ideal. In order to achieve these levels pregnant women need to take a significantly higher level of vitamin D3 than is found in most prenatal or calcium supplements. A supplement in the range of 5,000 to 10,000 IU of vitamin D3 daily is usually required to raise serum vitamin D levels to these levels.

Vitamin D taken during pregnancy has shown other benefits for later childhood as well. Several studies have shown that higher vitamin D levels during pregnancy are associated with less respiratory problems during childhood. A study published in January 2011

in Pediatrics showed that newborns with a higher cord blood level of vitamin D had less respiratory infections during infancy and less asthma during early childhood. Four previous studies showed that vitamin D supplementation during pregnancy was associated with less asthma during childhood as well.

### As Road Tested by Mums

- A must have for every child!, September 21, 2012
- Best option for a baby's vitamin D needs, September 4, 2012
- Easy To Take!, August 1, 2012
- Awesome supplement, July 18, 2012
- Great for baby, April 22, 2012
- All Natural & Great Value, April 8, 2012
- Best Vitamin D Supplement for Newborns!, March 19, 2012
- Great supplement!, March 15, 2012
- Great product for kids, September 26, 2011
- Can't say enough good things, January 27, 2011



Florence Avenue  
Orewa 0931  
Auckland, New Zealand  
Phone: +64 9 554 1352  
Email: DocsD3@gmail.com