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*Platinum  
Excellence*

## FORTE D 50000 i.u.

Supports immunity, bones, muscle and teeth.

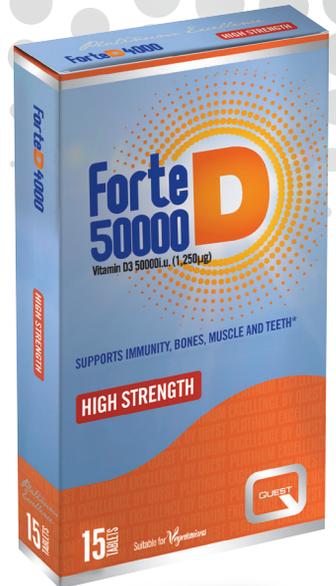
### Nutritional Information

One tablet provides:

		*%NRV
Vitamin D3 (50000 i.u.)	1250 µg	25000

\*NRV = Nutrient Reference Values

As prescribed by a health professional.



## SUMMARY

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- Prescription strength 50,000 iu (1250 µg).
- Effective vitamin D3 form.
- Stable tablet dose.
- Prescribed by health professional.

## WHAT IS FORTE D 50000iu?

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Forte D 50,000 iu tablets contain the active ingredient vitamin D3 (50,000i.u. cholecalciferol equivalent to 1.25 mg of Vitamin D3). Vitamin D is found in the diet and is also produced in the skin after exposure to the sun. Often vitamin D is given in combination with calcium. Forte D 50,000 i.u. may be prescribed by a doctor to treat or prevent vitamin D deficiency. Deficiency of vitamin D may occur when the diet or lifestyle of an individual does not provide enough vitamin D or when the body requires more vitamin D (for instance during pregnancy). Forte D 50,000 i.u. may also be prescribed for certain bone conditions, such as osteoporosis, together with other medication.

Bone disorders such as osteoporosis poses a significant public health issue and can cause a significant decrease in the quality of life and can cause death. Prevention of fractures and bone loss is paramount to the quality and extension of life.

## VITAMIN D AND BONE HEALTH

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Vitamin D is a major stimulator of intestinal calcium absorption and facilitates cellular calcium absorptions. Vitamin D is often found to be deficient in modern civilisations due to the lack of sunlight exposure. Supplementation is recommended to anyone at risk of deficiency or bone disorders.

## VITAMIN D AND IMMUNE HEALTH

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Vitamin D is an immune regulator and aids with self -tolerance, T and B lymphocytes and immune regulatory cells. People with autoimmune conditions and autoantibodies generally have disordered bone metabolism which can result in bone mineral loss. This is partially due to the way in which inflammatory markers interact with bone cells<sup>1</sup>, and the presence of osteoprotegerin antibodies which occur in a variety of autoimmune conditions<sup>2</sup>. Vitamin D is found in large quantities in the gut associated lymphoid tissue (GALT) situated just under the gut and aids with the regulation of T and B lymphocytes. Increasing vitamin D levels may help to regulate these antibodies and slow disease progression.

## VITAMIN D TESTING

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Vitamin D testing is important and can give a clear indication of the dose of vitamin D required. Forte D 50000 can be used to rapidly increase vitamin D levels in the deficient patient.

## Reference chart for vitamin D blood levels (25-hydroxyvitamin D)

<b>0-15 nmol/L blood</b>	Severe deficiency
<b>15.1-30 nmol/L blood</b>	Deficiency
<b>30.1-50 nmol/L blood</b>	Insufficiency
<b>Greater than 50nmol/L blood</b>	Adequate

Although levels greater than 50nmol/L are considered adequate, in certain patients, higher levels are desirable. Patients with osteoporosis and autoimmune conditions should ideally have levels between 80nmol/L blood and 100nmol/L blood.

Testing is essential before high levels are taken.

## FEATURES

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- Provides 50,000 i.u. (1250 µg) vitamin D per tablet.

## HEALTH NEEDS

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SPECIALIST HEALTH

## SCIENTIFIC REFERENCES

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1. Psychopharmacology (Berl). 1998 Feb;135(4):319-23.
2. Scand J Prim Health Carev.2011;29(1)

