



Thinking of You & PERQUE

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PERQUE D3 Cell Guard Dosage Recommendations 500 IU = 2 drops

D3 Blood Measurement ng/mL	Recommended Dosage/drops	Recommended Dosage/IU
Less than 20 • <i>Severe D3 deficiency</i>	30 - 40 drops/day[^]	7,500 – 10,000 IU/day[^]
20 - 30 • <i>Moderate D3 deficiency</i>	20 - 30 drops/day[^]	5,000 – 7,500 IU/day[^]
30 - 50 • <i>Normal range</i>	10 - 20 drops/day	2,500 – 5,000 IU/day
50 - 80 • <i>Healthy range</i>	4 - 10 drops/day	1,000 – 2,500 IU/day

The measurement of the analyte 25 hydroxy-cholecalciferol provides an accurate picture of the vitamin D status of an individual; a healthy target being 50-80ng/ml. 1,25 dihydroxy-cholecalciferol (1,25-OH-D) on the other hand rises in blood when cellular levels are deficient in vitamin D and is not reflective of the true vitamin D status. Oral administration is preferable in light of the fact that many people have intestinal atrophy and enteropathy that block uptake of vitamin D from the gut.

References:

Ginde AA, Mansbach JM, Camargo Jr, CA. Association Between Serum 25-Hydroxyvitamin D Level and Upper Respiratory Tract Infection in the Third National Health and Nutrition Examination Survey. *Arch Intern Med.* 2009;169(4):384-390.

Holick MF. Vitamin D in *Modern Nutrition in Health and Disease*. Eds. Shils ME, Shike M, Ross CE, Caballero B, Cousins RJ. Lippincott William & Wilkins, 10th edition, 2006, Chapter 20: 376-395.

[^]Retest every 30-60 days until healthy vitamin D level has been achieved.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

