

EXPERT ADVICE  
on  
Vitamin D

The How To Guide On Testing,  
Interpretation And Finding The **Right Dose** For You!



DR JANELLE SINCLAIR

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# Vitamin D

## TESTING, INTERPRETATION & DOSAGE RECOMMENDATIONS

*by Dr Janelle Sinclair*

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Vitamin D is a steroid vitamin, made by your body when your skin is exposed to the sun. So it's often referred to as the sun vitamin.

It's most known for it's role in calcium absorption and keeping our bones strong, but more recently research shows it's also important for the immune system, for muscles, the heart and lungs, it has anti-cancer effects and is important for brain development and mood.

### VITAMIN D DEFICIENCY STATISTICS

Vitamin D deficiency is a huge problem around the world. In the US, it's estimated that 41.6% of the population are vitamin D deficient, with a staggering 82.1% of people of colour, and 69.2% of Hispanics having low vitamin D levels. The situation is similar in New Zealand, with 48% of adults and 57% of newborns being deficient in vitamin D.

### VITAMIN D DEFICIENCY SYMPTOMS

The most common symptoms of a vitamin D deficiency include a poor immune system, fatigue and tiredness, bone, muscle & back pain, hair loss, bone loss, poor wound healing and depression.

Seasonal affective disorder (winter depression), is thought to occur because of a vitamin D deficiency in winter, due to not getting enough sun exposure. Some research suggests that fibromyalgia, psychosis or bipolar disorder may also be caused from a vitamin D deficiency. I've personally seen clients whose fatigue, anxiety and panic attacks were resolved after taking high-dose vitamin D.

# VITAMIN D & THE BRAIN


Vitamin D is necessary for creating serotonin and dopamine, two important neurotransmitters (brain chemicals) that are described as being calming and happy hormones respectively.

Depression and other mental health conditions can be caused by inflammation of the brain. Vitamin D helps dampen down the fire of inflammation to healthy levels. It also stimulates brain repair.

## VITAMIN D TESTING & INTERPRETATION


Due to the high rates of vitamin D deficiency, it is important that you have your vitamin D levels tested, especially if you have depression, anxiety or fatigue. The test that you should ask for is the 25-hydroxy-vitamin D test. In New Zealand, the test is not government funded for the large majority of people. In most areas the public can go to a testing laboratory, and self-request and pay for the test which is approximately \$40.

When you receive your results back there will be two sets of numbers. Your result and the reference range (Ref. Range). For everyone that does not live in the US, your results will look something like this and are measured in nmol/L:

25 Hydroxy Vitamin D  Ref. Range  
(50 - 150)

**Your Result    The Units**

If you are from the US your results will look like this & are measured in ng/ml:

25 Hydroxy Vitamin D  Ref. Range  
(20 - 60)

**Your Result    The Units**

Let's discuss the interpretation of these blood test results. Note: There is some controversy over the optimal levels of vitamin D, and not all medical organisations agree. I believe that higher levels are required for optimal physical and mental wellbeing, and so therefore will present the vitamin D council's recommendation.

## VITAMIN D BLOOD TEST INTERPRETATION

- A result of less than 50 nmol/L (20ng/ml) is considered to be a severe deficiency. So if your levels are below this, you really need to supplement vitamin D at high doses (see Table 1 below).
- A result of less than 75 nmol/L (30ng/ml) is considered to be a deficiency. So if your levels are below this, you really need to supplement vitamin D at moderately high doses (see Table 1 below).
- The vitamin D council's recommendation is that the optimal vitamin D level is 125 nmol/L (50 ng/mL), and any result below this requires some level of vitamin D supplementation (see Table 1 below).
- If your levels are above 250 nmol/L (100 ng/ml), you need to stop vitamin D supplementation immediately. Your vitamin D is approaching toxic levels which may be harmful for your health (see Table 1 below).

## VITAMIN D SUPPLEMENTATION

### Standard Adult Dosage Recommendations:

- Vitamin D Council: 5,000 IU (international units) per day
- Endocrine Society: 1,500-2,000 IU per day

**TABLE 1: Vitamin D Council's Adult Vitamin D Dosage Recommendation Based on Vitamin D Blood Test Results\*:**

TEST RESULTS	INTERPRETATION	DAILY DOSE
0-50 nmol/L (0-20 ng/ml)	Severe Deficiency	5,000 IU
50-75 nmol/L (20-30 ng/ml)	Deficiency	3,700 IU
75-100 nmol/L (30-40 ng/ml)	Insufficiency	2,500 IU
100- 200 nmol/L (40-80 ng/ml)	Adequate Safe Levels	Carry on with existing sun exposure & supplementation
200-250 nmol/L (80-100 ng/ml)	Slightly high vitamin D	Reduce supplementation
250- 375 nmol/L (100-150 ng/ml)	High levels	Stop supplementation
>375 nmol/L (>150 ng/ml)	Toxic levels & health risks	Stop supplementation & contact your medical doctor

\*In the Table 1 above you will see a list of dosage recommendations based on your blood test results (assuming you want to raise your vitamin D blood level to the optimal level of 125 nmol/L (50ng/ml)). For example if your blood test result is 29 nmol/L, you would have a vitamin D deficiency and require a daily dosage of 5,000 IU. However, if your results are 130 nmol/L your levels would be optimal, and you need to continue your present sun exposure and supplementation regimen.

## Safety of Vitamin D Supplementation

Vitamin D is a well tolerated medication, so it is safe alongside antidepressant or anti-anxiety medication. If you are on other medications or have a health condition you should get advice from your medical doctor before taking vitamin D supplements.

Because Vitamin D is a fat soluble vitamin it has the potential to build up in the body and be toxic at high levels. The best way to avoid this is to do regular testing to ensure you achieve optimal but not too high levels. You could consider retesting your levels after 3 months of starting vitamin D supplementation, and then every 6-12 months after that.

## BIOCHEMICAL IMBALANCES AND MENTAL WELLNESS

If you have found this report useful and would like to learn what other blood tests to do and therapeutic supplement dosages for depression and anxiety, then check out my online course called Real Relief Foundations. It helps you uncover the root biochemical causes of poor mental health. It'll teach you to optimise your diet, address food sensitivities, improve gut health and treat more than 8 nutritional deficiencies. It's an easy to follow system, that removes overwhelm, and helps you streamline your diet and supplements bringing back your happiness, resilience and inner peace. To find out more visit [www.drjanellesinclair.com/ecourse](http://www.drjanellesinclair.com/ecourse).



**REAL RELIEF: TREATING THE BIOCHEMICAL CAUSES OF DEPRESSION AND ANXIETY.**



# ABOUT DR JANELLE

## A little about me

Hi, my name is Dr Janelle Sinclair. I'm a biochemist (PhD) and a registered natural medicine practitioner. I've been working in the natural medicine field for over 14 years and I've been consulting with clients for 5 years, specifically focused on mental health. I have a PhD of biochemistry, a Postgraduate Certificate in Health Sciences (Mental Health), completed FitGenes accreditation and NeuroLinguistic Programming (NLP) certification. As you can see, I have a thirst for knowledge and I love to apply it in a practical way that has an impact on others.

## Lives changed

Many of my clients have called me a lifesaver (literally). I've helped them go from feeling hopeless and that life was not worth living, to having more energy, working again, enjoying their families and excited about what the future holds. While working in my clinic I found that for some women there were dramatic changes in a short period of time in their mental health by using a couple of supplements and/or a simple dietary change. For others a slow and steady improvement in emotions, stamina and motivation were experienced.

## I'm now on a mission

It got me thinking, that more people like you needed to know about what works, and how to figure out what supplement or diet would be effective for them! It breaks my heart to think that you are struggling with distressing symptoms that affect you every day, when it might be possible to turn your life around with a natural approach.

I believe that through addressing biochemical imbalances such as nutritional deficiencies, hormonal imbalances, food intolerances, gut dysbiosis, and poor detoxification, that many people can overcome their struggle with depression, anxiety and fatigue.

This approach has helped hundreds before you, and I'd love to help you resolve your depression and anxiety too!

# NEED REAL RELIEF FROM DEPRESSION & ANXIETY?

Not sure how to get started? Follow these steps.

## STEP 1: DOWNLOAD THE FREE REPORT



[www.drjanellesinclair.com/checklist](http://www.drjanellesinclair.com/checklist)

## STEP 2: WATCH THE WEBCLASS



[www.drjanellesinclair.com/webclass](http://www.drjanellesinclair.com/webclass)

## STEP 3: JOIN THE ONLINE COURSE



*Real Relief*  
**FOUNDATIONS**

[www.drjanellesinclair.com/ecourse](http://www.drjanellesinclair.com/ecourse)

## STEP 4: HAVE A CONSULTATION WITH DR JANELLE



[www.drjanellesinclair.com/consulting](http://www.drjanellesinclair.com/consulting)

## Have a Question or Need Help?

Email our support desk at: [info@drjanellesinclair.com](mailto:info@drjanellesinclair.com)