

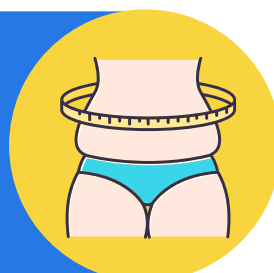


# TOP 6 VITAMIN D MYTHS

Vitamin D is essential for our health. Know what is true and what is not so you can make the most of vitamin D for YOUR health!

## MYTH #1: VITAMIN D IS STORED IN FAT FOR USE

Vitamin D IS fat soluble, but is not stored as a means of maintaining healthy blood levels, so is needed on a regular basis. In fact, the more fat a person has on their body, the more likely they are to have D deficiency.



## MYTH #2: VITAMIN D IS EASILY TOXIC

Toxicity is rare! It can be seen when taking too much D, such as 50,000 IU/day or more over 6 months or longer. Supplementing is considered safe\*; testing D levels is important when taking higher doses.



## MYTH #3: THE RECOMMENDED DAILY ALLOWANCE (RDA) IS ENOUGH FOR EVERYONE

Almost all who get only the RDA of 400-600 IU/day of vitamin D are deficient! Studies demonstrate the need for roughly 10 times more than the current daily recommendation.



## MYTH #4: VITAMIN D TESTING IS UNNECESSARY

There is a higher risk of deficiency among certain individuals (darker skin, higher BMI, older age). Many other factors also influence how each person responds to D, making it useful for everyone to test their levels. Test from home: [grassrootshealth.net/test](https://grassrootshealth.net/test)



## MYTH #5: SUN & FOOD PROVIDE ENOUGH VITAMIN D

It is possible to get enough D from sun and food alone (such as for native African tribes and some outdoor workers) but it is very unlikely for most. Nearly everyone requires a vitamin D supplement to avoid deficiency.



## MYTH #6: TAKING VITAMIN D CAUSES KIDNEY STONES

High levels of vitamin D DO NOT cause kidney stones. Recent studies have shown that people with low levels of D are more than twice as likely to develop a kidney stone!



**MORE MYTHS & INFO AT  
[GRASSROOTSHEALTH.NET/MYTHS](https://grassrootshealth.net/myths)**

\*there is a very small group of individuals with rare conditions, such as primary hyperparathyroidism, sarcoidosis, and other granulomatous disorders, who may need to be cautious with vitamin D intake