



# VITAMIN D & BREAST CANCER

## REDUCE RISK, IMPROVE OUTCOMES

Research shows...

While BREAST CANCER afflicts over 268,000 American women each year and kills over 41,000 (cancer.org), it is also among the 2nd or 3rd MOST READILY PREVENTABLE CANCERS.

## What Can Vitamin D do to Help Prevent Breast Cancer?

- **83% Lower Breast Cancer Risk** with a Vitamin D Level of 60 vs. 20 ng/ml
- **69% Lower Breast Cancer Risk** with a D Level of 30 vs. 12 ng/ml
- **82% Lower Breast Cancer Risk** with a D Level of 60 vs. 20 ng/ml
- **71% Lower Breast Cancer Risk** with a D Level of 60 vs. 20 ng/ml



Lowe et al. (2005), Abbas et al. (2007), McDonnell et al. (2018), Song et al. (2019)

Approximately 75% OF BREAST CANCER (adenocarcinoma) could be due to vitamin D deficiency, and therefore easily prevented.

## What Can Vitamin D do if You Currently Have Breast Cancer?

**D Level at Time of Diagnosis** was related to a

- **27% Lower Risk** of Breast Cancer Death
- **21% Lower Risk** of Recurrence-Free Death
- **18% Lower Risk** of Invasive Disease-Free Death

*with Vitamin D Levels of 30 ng/ml vs. 20 ng/ml or Lower*



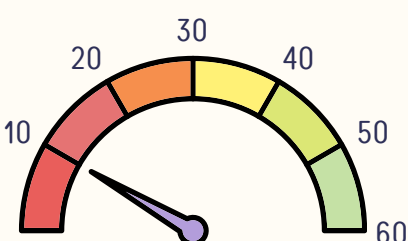
**Vitamin D Initiated within 6 Months of Diagnosis** was related to a **49% Lower Risk of Breast Cancer Death**

**Among Women Already Diagnosed**, there was a **44% Lower Risk of Breast Cancer Related Death** with D Levels of 30 ng/ml vs. 17 ng/ml...

Yao et al. (2021), Madden et al. (2018), Mohr et al. (2014)

...IN FACT, the vitamin D level accounted for 97% of the variance in breast cancer fatality, meaning IT MADE ALMOST ALL THE DIFFERENCE!

## It is Not Too Late to Start with Vitamin D



**~90% US Adults**  
HAVE VITAMIN D LEVELS BELOW  
40-60 NG/ML

**Take Action Today!** Reduce your risk and improve outcomes.

- Test your vitamin D level
- Make changes to reach at least 40-60 ng/ml (100-150 nmol/L)
- Re-test to see how your level responded - repeat until your level is where it needs to be

Get **10% OFF** your first home test kit with code **FirstTest10** at [grassrootshealth.net/test](https://grassrootshealth.net/test)