

Type 1 Diabetes (T1D) Could be Prevented or Delayed with Vitamin D & Omega-3s

Maintaining a vitamin D blood level of 40-60 ng/ml and an AA:EPA ratio below 3 may help delay or prevent T1D development

Success Story

Ben was told he was ‘doomed’ for T1D diagnosis at age 11; he has remained T1D free for over 23 years!

His T1D prevention protocol, “Ben’s Cocktail,” has been shared with many others around the world who have tested positive for T1D autoantibodies, with similar stories from those who have implemented it with their children & for themselves. We invite you to participate!



Research Shows

Improved vitamin D and omega-3 status have been associated with decreased inflammation, which has been linked to **lower levels of T1D autoantibodies**, and therefore lower risk of T1D development.

Can progression of T1D be predicted by measuring levels of these nutrients and inflammation?

Help us find the answer!



Vitamin D & Type 1 Diabetes

Lower vitamin D levels were associated with higher HbA1c and fasting blood glucose, higher risk of T1D diagnosis, higher insulin need & increased risk of diabetic ketoacidosis (DKA) among children with T1D (Alqudsi, 2020; Savastio, 2022)

A 44% lower risk of T1D was found among non-Hispanic whites with vitamin D levels of 40 ng/ml or higher vs below 30 ng/ml (Munger, 2013)

A lower risk of developing T1D has been associated with vitamin D supplementation in infancy and early childhood (Infante, 2019)

“Among nutritional deficiencies, that of vitamin D is one under the research magnifying glass as a trigger in T1D development” (Savastio, 2022)



Omega-3s & Type 1 Diabetes

Lower AA:EPA ratios (Arachidonic Acid, an omega-6 fatty acid, to Eicosapentaenoic Acid, an omega-3 fatty acid) have been associated with **lower inflammation & lower insulin requirements** after diagnosis (Savastio, 2022)

Higher omega-3 intake and levels were associated with a significantly **reduced risk of islet autoimmunity** (Norris, 2007)

A study involving 11,247 cases of adult onset T1D concluded that higher fish intake and higher omega-3 status may **prevent or prolong T1D onset**, even among GAD65 antibody-positive individuals (Lofvenborg, 2022)

What Can You Do?

Join the D*action Type 1 Diabetes Prevention Project!

Test, track & manage levels of vitamin D, omega-3s, inflammation & HbA1c along with T1D autoantibodies (IAA, IA-2A, GAD65, ZnT8) every 3-6 months using a home blood spot test kit along with online health surveys.

Participate to learn more about supplementation, diet & life-style changes that can have an impact on T1D diagnosis & help make this an officially recognized protocol in the scientific journals - and more likely to be discovered, shared & accepted!

Learn More, Enroll, or Donate at grassrootshealth.net/t1d