



## **Government Takes Ultra-Conservative, Backwards Stance on Vitamin D**

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Last week the Institute of Medicine, a government agency, after reviewing hundreds of studies on vitamin D put out a disappointing report recommending that people consume no more than a miniscule 600 IUs of Vitamin D daily. That equals less than 15mcg a day. One author of the report, Dr. Catherine Price claimed on MSNBC that there is "no, no evidence that more is better." How could that be when several studies have correlated vitamin D levels above 55ng/mL with protection against breast, prostate and colon cancer? How could that be considering the clinical work John Cannell, M.D. of The Vitamin D Council did showing that patients on one of his wards receiving vitamin D didn't get Influenza while those on a colleagues ward, not receiving vitamin D had high rates of influenza?

The authors further claim that most people have adequate blood levels and get enough vitamin D from diet. Really! In the years I've been testing vitamin D levels in my patients, I've yet to find someone with adequate levels. And many of these patients were already supplementing with 1,000 to 2,000 IUs daily, far more than the amount recommended in the report.

In Cannell's response he writes that 14 vitamin D experts including Robert Heaney of Creighton and Walter Willett of Harvard were consulted but that their reports were "suppressed." You can find his response here: <http://www.vitamindcouncil.org/vdc-statement-fnb-vitamin-d-report.shtml>

At present we may lack irrefutable proof higher vitamin D levels are necessary, but there is compelling, if not overwhelming epidemiologic evidence to maintain vitamin D levels above 55ng/mL. I believe the IOM has ignored a substantial body of data that suggests vitamin D deficiency and insufficiency is rampant and that significant health benefits with limited risk can be gained by vitamin D supplementation. So, in spite of the IOMs ultra-conservative position on vitamin D I still suggest my patients maintain vitamin D levels above 55ng/ml with periodic monitoring to insure adequate levels are maintained and toxicity is avoided.