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## Osteoporosis Guide

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## Osteoporosis

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## The Truth About Vitamin D?

### WebMD feature series on vitamin D.

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By Daniel J. DeNoon  
WebMD Feature

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Can I get too much vitamin D? Reviewed by Laura J. Martin, MD

Too much of any good thing is a bad thing. Too much vitamin D can cause an abnormally high blood calcium level, which could result in nausea, constipation,

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### Today in Osteoporosis



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confusion, abnormal heart rhythm, and even kidney stones.

It's nearly impossible to get too much vitamin D from sunlight or from foods (unless you take way too much cod liver oil). Nearly all vitamin D overdoses come from supplements.

The Institute of Medicine's Food and Nutrition Board's old 1997 recommendations suggested that 2,000 IU per day of vitamin D is safe for adults and that 1,000 IU per day is safe for infants up to 12 months of age. Many observers expected a drastic increase in the IOM's 2010 update.

That didn't exactly happen. The IOM committee did increase its "upper level intake" -- that is, the boundary at which it feared vitamin D would become unsafe. That dose is 4,000 IU/day for adults, 3,000 IU/day for kids ages 4-8, 2,500 IU/day for kids ages 1-3, 1,500 IU/day for infants ages 6-12 months, and 1,000 IU/day for infants ages 0-6 months.

But some recent studies suggest that healthy adults can tolerate more than 10,000 IU of vitamin D per day. John Jacob Cannell, MD, executive director of The Vitamin D Council, notes that the skin makes 10,000 IU of vitamin D after 30 minutes of full-body sun exposure. He suggests that 10,000 IU of vitamin D is not toxic.

According to the National Institutes of Health, 25-OHD levels that are consistently over 200 ng/mL are "potentially toxic."

The IOM committee found no conclusive evidence that increased vitamin D levels confer increased health benefits, "challenging the concept that more is better."

**Next: [What kind of vitamin D is best?](#)** 

1 2 3 4 5 6 **7** 8 9

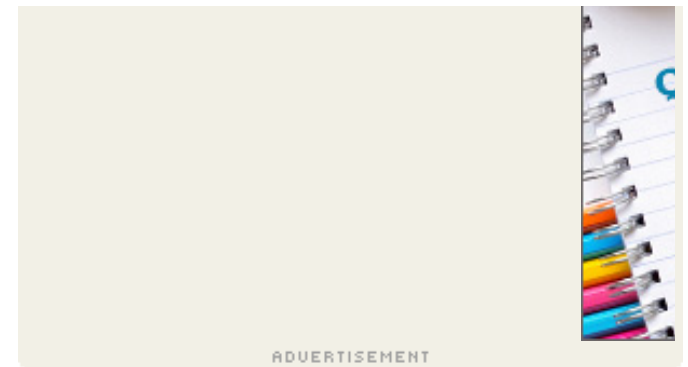
**Further Reading:**

- [Slideshow: Super Foods for Your Bones](#)
- [Slideshow: The Truth About Vitamin D](#)
- [Vitamin D: Getting Enough-Related Information](#)
- [Vitamin D Dilemma](#)
- [Child Vitamin D Deficiencies](#)
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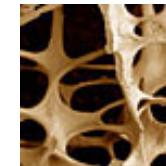
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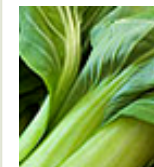
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