

10 Reasons to Know Your Vitamin D Levels for a Healthy Pregnancy & Baby



GrassrootsHealth



Top 5 Reasons - for the Mother

Multiple research studies have found that vitamin D levels above 40 ng/ml during conception and pregnancy help the mother by:

- #10 - 59% lower risk of preterm birth
- #9 - Virtually eliminates pre-eclampsia
- #8 - Supplementing up to 6400 IU/day is safe and effective. The safe upper limit defined by the Institute of Medicine is 10,000 IU/day
- #7 - Lower risk of gestational diabetes
- #6 - Lower risk of post-partum depression

Top 4 Reasons - for the Child

Research has found that vitamin D levels above 40 ng/ml during conception and pregnancy help the child by:

- #5 - 70% lower prevalence of common cold
- #4 - 66% lower prevalence of ear infections
- #3 - Improved language development
- #2 - Reduction in type 1 diabetes (in adulthood)



The #1 Reason - Why Test?

Research has shown that virtually 100% of African American women of childbearing age and 80% of all women measure less than 40 ng/ml. It is not enough to simply supplement because you do not know how much YOUR body needs. Our D*action project, with over 10,000 participants, has found that there is a 6-fold variation in how much is processed by your body. Additionally, our research has found that people taking 5,000 IU/day, which is generally considered a good amount, can end up being only at 25 ng/ml or as high as 140 ng/ml. There is quite a variance!

Check YOUR levels and enroll in our D*action for pregnancy project today.