

The Vitamin D-ception and D-bate (Free 17-Pages eBook)

Another Look at Vitamin D3.... Is Cholecalciferol REALLY SAFE?

For the record, I do not sell vitamin D supplements of any kind, nor do I earn any kickbacks or commissions of any kind from Vitamin D supplement or the Lab Testing Companies.

Find out Why This ONE COMMON VITAMIN can be Toxic to Those with Celiac Disease, or sensitive to Corn Starch!

This Vitamin is TOXIC to pets and is regularly used in rat baits and animal fodder (animal feed)!

And Seven Reasons to Avoid or Reduce This Particular Vitamin.... In my Latest 17 Pages eBook FREE!! "The Vitamin D-ception and D-bate"

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MyQute.com (Named after a Hamster Who Died from Taking Toxic Commercial Pet Food)

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(A) Why Is Vitamin D So Important?

Watch [Mike Adams' video that exposes FDA's Censorship of SUNLIGHT's Link to Body's Natural Production of Vitamin D in prevention Cancer](#). Yep, Vitamin D is important in the prevention of Cancer.

Please head to (C) for more Vitamin D Benefits.

(B) What EXACTLY is Vitamin D3?

First of all, vitamin D is not really a vitamin, it's a hormone from irradiated animal fat or cattle brains, or derived from solvently extracted irradiated fungus. Often, Vitamin D3 is made from pig brains.

While most people agree that irradiating any food kills nutrients in foods (and increased free radical interaction with cells associated with aging), it seems that irradiation of skin helps the body to form its own natural vitamin D. NO ONE has ever died of such vitamin D.

However, people CAN get poisoned by intake of excess vitamin D3 supplements. Which brings me back to the question of whether "cholecalciferol" aka Vitamin D3 may actually be a synthetic form of vitamin D? ("Bio available" just means more easily absorbed but it does not necessarily mean harmless.)

What made me look closer at Vitamin D3 was that it has never been mentioned before in my biology classes.

Osteonecrosis of the Jaw - generally associated with tooth extraction - occurred after intake Cholecalciferol (CCF) via one of the Vitamin D supplements, Fosamax (made by Merck, a pharmaceutical corp that also makes Gardasil and other vaccines):
<http://www.fda.gov/Safety/MedWatch/SafetyInformation/ucm208690.htm>

Lots of websites say Vitamin D3 is fine. But is it?

(C) 7 Reasons to UP Vitamin D Supplementation

1. Low concentrations of Vitamin D causes secondary hyperparathyroidism (abnormally high levels of parathyroid hormone aka PTH). This means a person (with secondary hyperparathyroidism) loses more calcium from his/her bones. Vitamin D deficiency is also associated with rickets.
2. Some people suffer from disorders that prevents the body from converting natural vitamin D to the active type of Vitamin D, calcitriol. In others, they mal-absorb Vitamin D. These people are Vitamin D deficient.
3. Vitamin D helps to prevent Cancer. "The lower the level of vitamin D, the larger the cancer tumor size and more effect it will have on the body." - **Dr. Sudhaker Rao**, Bone and Mineral Metabolism at the Henry Ford Health System in Detroit (published in the Journal of Clinical Endocrinology and Metabolism, Year 2000)
4. People with asthma, fertility problems or other sicknesses may be deficient in Vitamin D.
5. Women who plan on getting pregnant may need to boost their Vitamin D levels.
6. Some experts say that "old tanned" skin or those above age 70, will lose their ability to benefit from natural sunlight exposure.
7. Hypertension, Multiple Sclerosis, Arthritis, Heart disease, Diabetes Type 2 and Depression can be some of the more serious consequences of low levels of Vitamin D.

(D) 7 Reasons to Reduce/Avoid Vitamin D Supplementation

1. Vitamin D supplementation should not be considered by those with any of the conditions: Kidney disease, Lymphoma, Lyme, Sarcoidosis, Hyperphosphatemia and Hyperparathyroidism
2. The patented Vitamin D3 causes blood acidosis. A healthy body requires a slightly alkaline rather than acid chemical balance. Therefore the human body counter-reacts (to neutralise this Vitamin D3 weapon) by causing calcium to leach from bones (causing osteoporosis).
3. Too much Vitamin D can result in hypercalcemia (high calcium content) in the blood. This results in the "calcification" or eventual hardening of arteries, heart, kidneys, etc. Imagine....how would the body function when organs become hard as stones? A slow but certain death "which leaves few forensic traces"!
4. Many Vitamin D supplements may contain synthetic Vitamin A. [And **Synthetic Vitamin A** given to pregnant women increased the risk of birth defects - such as cleft lip, cleft palate, heart malformations and nervous system damage - by as much as 400%! (Ref: **New England Journal of Medicine**. Nov 23, 1995. Vol 333, No 21.) Non-Food Vitamins are vitamins that may be made with non-food. For example, **Synthetic Vitamin B1** is made with coal tar derivatives (think petrol!), hydrochloric acid or sometimes made with acetone and ammonia. Synthetic vitamin B1 (Thiamine) was shown to render 100% of a group of pigs STERILE! (Ref: Dr. Barnett Sure, Journ Natr, 1939) In another experiment way back in 1940, Scandinavian Veterinarian Journal detailed an experiment involving Silver Foxes ingesting synthetic Vitamin B.]
5. Vitamin D3 may cause problems for those who are sensitive or allergic to corn starch, MSG or aspartame. Corn starch has MSG which contains aspartame. [Dorway.com](#), [Sweetpoison](#) and [NoAspa](#) are websites with excellent information on aspartame.
6. Some of these Vitamin D3 crystals contain as much as 400,000 I.U., which is considered VERY toxic! Ref: http://www.alibaba.com/product-gs/371724262/Vitamin_D3_400_000_000iu_g.html
7. Vitamin D3 may cause problems for those who are sensitive or allergic to xanthum gum. Xanthum gum - lots of it in Vitamin D3 crystallines - have side effects for those who are allergic to corn (or corn sugar). "Xanthan gum is made by adding bacteria named Xanthomonas campestris to corn sugar..." - <http://www.buzzle.com/articles/xanthan-gum-side-effects.html>

“The side effects of xanthan gum include:

- Abdominal pain
- Upset stomach after eating
- Increase in blood pressure levels
- Headache
- Temporary changes in brain chemistry leading to confusion
- Diarrhea, bloating and nausea, as xanthan gum can act as a laxative.
- Severe allergic reaction, though very rare, may exhibit anaphylactic shock symptoms like breathing difficulty, swelling, difficulty swallowing, skin rash or hives.”

Additionally, xanthum gum may be made from wheat or soy. This is bad news for those with Celiac disease, who cannot tolerate wheat (gluten).

Symptoms of Vitamin D3 toxicity: weakness, anorexia, fatigue, headache, itching, vomiting, constipation and diarrhea. Toxicity symptoms appear within 12 to 36 hours of eating Vitamin D3 and the pain intensifies over time.

Polyuria, polydipsia, proteinuria and azotemia (polyneuropathy), peripheral nerve damage, depression, confusion, heart rhythm disturbances and myocardial infarction (heart disease) result from acute renal tubular injury by hypercalcemia. That's acute intoxication! Presence of calcium from calcium supplementation makes this toxicity worse!

The Environmental Protection Agency (EPA) lists Vitamin D3 as a Rodenticide on page 179 to 180 of its publication, "Recognition and management of Pesticide Poisonings, 1999".

Cholecalciferol (Vitamin D3) is often added to mouse baits and rat poisons (it's definitely not to nourish them!): http://www.pesticideinfo.org/List_Products.jsp?Rec_Id=PC34709&Chem_Name=Cholecalciferol&PC_Code=202901%2C+208700 Google for "Cholecalciferol-Based Rodenticides".

[Quintox Seeds](http://www.quintox.com) is one such rat bait that uses toxic Vitamin D3 in their products!
<http://doyourownpestcontrol.com/quintoxseed.htm>

Additionally, **Vitamin D3 is found in many pet foods!**
Vitamin D3 (known as CCF) is toxic to dogs:
<http://jvdi.org/cgi/reprint/12/5/426.pdf> [The same way Xylitol (artificial sugar, or "sugar alcohol") is toxic to animals because some of these Xylitol are made from GMO birch wood. Yet, xylitol is deemed "safe"...the same way Vitamin D3 is deemed safe.]

Vitamin D3 is used in composite fodder additives (food fed to farm animals).

Interestingly, the **Vitamin D Council rejects toxicity allegations at**
<http://www.vitamindcouncil.org/vitaminDToxicity.shtml>
and http://www.vitamindcouncil.org/worst_science.shtml

(E) What's Inside Your Vitamin D3 Supplement

Your Vitamin D3 would most likely be purchased - by your vitamin manufacturer - in crystalline form.

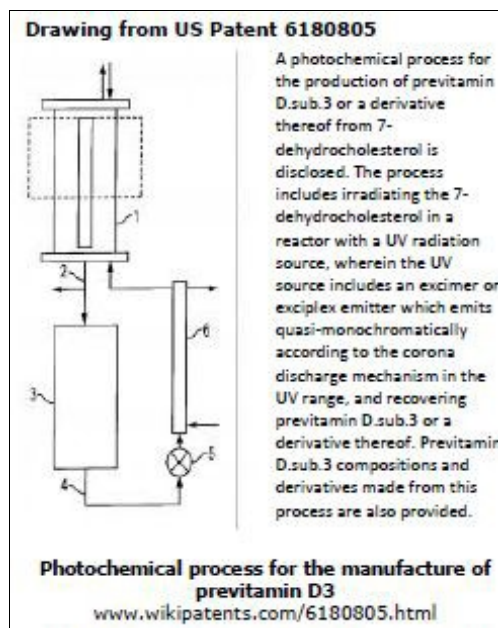
As Vitamin D is insoluble in water, the crystallines are dissolved in one of these:

1. US Pharmacopoeia-grade ethanol or
2. corn oil or
3. other edible fats.

The dissolved solution is then embedded in a matrix of gum arabic (E 414 aka known as xanthum gum) and sucrose, before being coated with corn starch.

The Vitamin D3 crystallines are made up of steroid alcohols ERGOSTEROL and 7-dehydrocholesterol. In pills (not capsules), Vitamin D becomes unstable unless gelatine or a chemical coating is added. Everytime you pop a Vitamin D3 pill, you may be ingesting a chemical.

(F) How Chemical Vitamin D3 is Made (Drawing from US Patent)



Top: Image courtesy of TwoWitnessMinistries.com ; Drawing from US Patent 6180805

A photochemical process for the production of previtamin D.sub.3 or derivative thereof from 7-dehydrochlesterol is disclosed.

The process includes irradiating the 7-dehydrochlesterol in a reactor with a UV radiation source, wherein the UV source includes an excimer or exciplex emitter which emits quasi-monochromatically according to the corona discharge mechanism in the UV range, and recovering previtamin D.sub.3 or a derivative thereof.

(G) The EXPERTS are Divided As To Safe Healthy Dosage for Vitamin D

"We simply do not have large scale, long-term intervention trials with all the bells and whistles -- randomization, double-blinding, placebo-control -- to tell us what dose of calcium or vitamin D is truly optimal for health...

My judgment, and familiarity with the literature, leaves me quite comfortable with the IOM conclusion about calcium, but with a bit more doubt regarding their conclusions for vitamin D....

My advice about vitamin D, therefore, remains much as it was: Get outdoor activity whenever possible, and let sunlight work its magic. If you can't get a good 20 minutes a day of sun exposure, dietary vitamin D is essential. It can come from fortified food, but a supplement is a very reasonable insurance policy. A supplement of 400 IU daily ensures you will get the recommended dose, at least. Higher doses may be warranted, but should be discussed with your physician. You are unlikely to suffer any harm from doses up to 2,000 IU per day, but I hasten to add that we don't have long term intervention trials to prove harmlessness any more than we do to prove benefit." - **Dr. David Katz, Director of Yale University's Prevention Research Center**

Recommended *Natural Vitamin D per day according to Health Experts	Dr. David Katz	NASIM	SCF	VDC	BJC		
micrograms	10	100	100	25 to 50	4.375 mg for a 5kg baby	62.5	125
IU	400	4,000	4,000	1,000 to 2,000	35 IU per pound per day, for below 5 years of age. So a 5kg or 10 pounds baby needs 175 IU per day.	2,500 IU for ages 5 to 10.	5,000 IU for adults and pregnant. (Those planning to get pregnant may need more Vitamin D.)

Abbreviations

Dr. David Katz is the Director of Yale University's Prevention Research Center

NASIM: National Academy of Sciences Institute of Medicine

SCF: Skin Cancer Foundation

VDC: The Vitamin D Council

BJC: British Journal of Cancer, September 15, 2009; 101(6):916-23

MY DAILY RECOMMENDED “MINIMUM”. Based on my weight, height and lifestyle and BMI of 18.7 (normal), my nutritionist said I need a minimum of 200 I.U. Of Vitamin D per day. This is definitely way lower than what the other experts recommend! XD

Total Carbohydrate	130.0	g
Dietary Fiber	25.0	g
Linoleic Acid	12000.0	mg
Alpha-Linolenic Acid	1100.0	mg
Protein	38	g
Vitamins		
Vitamin A	2333.0	IU
Vitamin C	75.0	mg
Vitamin D	200.0	IU
Vitamin E	15.0	mg
Vitamin K	90.0	mcg
Folate	400.0	mcg
Vitamin B12	2.4	mcg
Minerals		
Calcium	1000.0	mg
Chromium	25.0	mcg
Copper	0.9	mg
Flouride	3.0	mg
Iodine	150.0	mcg
Iron	18.0	mg
Magnesium	320.0	mg
Manganese	1.8	mg
Molybdenum	45.0	mcg
Phosphorus	700.0	mg
Selenium	55.0	mcg
Zinc	8.0	mg

Natural Vitamin D - not Vitamin D3 - is from where you get all the natural natural d-beta, d-delta, and d-gamma.

However, some doctors say that daily ingestion of Vitamin D3 in excess of 2,000 IU in children or 1.88mg (75.2 IU) in adults may produce toxic symptoms within weeks or months.

Fact: In 1941, the RDA's recommended dietary allowance of vitamin D was 400 I.U. per day.

WARNING:

Some doctors state that your blood level of 25-D level should be 60ng/ml. Others say it should be 25-D level of under 12 ng/ml.

As you can see, even health experts are quite divided as to what the safe levels of Vitamin D are for humans. There is NO WAY to know if the above recommendations are correct.

The experts at the Vitamin D Council say that the only sure way is to test your blood for Vitamin D

levels. Read on...you'll soon find out if these tests work!

(H) Science has Failed to Create Natural Vitamin D

Science has not been able to perfectly duplicate natural vitamin D steroid hormone produced in the human skin tissues, but instead created a toxic chemical weapon listed on food and pet food labels as "Vitamin D3".

Physician ignorance about Vitamin D3 toxicity is widespread. A case report of 4 patients appeared in the 1997 Annals of Internal medicine, accompanied by an editorial warning about Vitamin D3 toxicity. However, careful examination of the patients reveals that both papers are a testimony to the fact that incompetence about vitamin D3 toxicity can reach the highest levels of academia.

So don't be a victim of FDA's chemical weapons program! Just because they call it a "vitamin" - doesn't make it so.

Look closely at the commercial food when you're grocery-shopping!

Fact: Yoplait is a yoghurt with Vitamin D3 in every cup!

So "rule of a thumb" is, natural Vitamin A and natural vitamin D made by the human body – no matter how much the body makes – is never toxic. Synthetic Vitamin A and D are always toxic in “over” doses.

(I) What about Exposure of Sunshine's Relation to Skin Cancer

Incidence of Melanoma (skin cancer) continues to increase despite that more people are now avoiding the sun altogether.

Here's a very good website that explains "[The Nonsense That is Ozone-Depletion](#)". "Dr Joseph Scotto, of the Biostatistics Branch of the US National Cancer Institute has found that UV light levels reaching the ground has decreased at the rate of 0.7% a year over a ten year period in the northern hemisphere, at the same time as ozone depletion has been recorded. It is a different story according to Dr Richard McKenzie who claims that "sunburning UV has increased 15% since ozone depletion began in the late 1970s." So who is one to believe? Also, family doctors used to instruct young mothers to put the baby in sunlight for longer and longer periods, to build up melanin which would function as an immunity. These days doctors tell everyone to cover themselves with cream and to stay indoors. The population no longer has a natural immunity as a result. And that has nothing to do with ozone. Despite all the information you may have read, there is not one shred of supportable evidence that CFCs have found their way 40 miles up above the Earth."

As such, it is a pity that the U.S. Department of Health and Human Services would even consider skin cancer due to UV rays as the truth.

(J) Other Vitamin D Questions and Answers

1. **"What if I have a disorder that prevents me from converting natural Vitamin D to the active form in side my body?"**

Then you will be Vitamin D deficient. Instead of supplementing on Vitamin D3, take whole Shitake Mushrooms that has all the natural d-beta, d-delta, and d-gamma.

And if you decide to take Vitamin D3 supplement, make sure you go for regular blood-testing to ensure you're not taking too much. This will help avoid Vitamin D3 toxicity (hypercalcemia).

2. **"What are the symptoms for Vitamin D deficiency?"**

Low energy and fatigue, constantly having cold or flu, muscle pain, bone fractures, symptoms of depression and mood swings, and sleep irregularities.

3. **I am getting sunlight exposure everyday, do I need to be tested for Vitamin D deficiency?**

Testing may not be necessary but if it sets your mind at ease, you can do so every 2 to 3 months.

4. **"Is there a place to read reviews of Vitamin D supplements?"**

Yes, visit Consumerlab.com

5. **"What does it mean if I am getting enough sunlight exposure and vitamin D supplementation, and I am still Vitamin D deficient?"**

It may mean that you have malabsorption issues or weakness of kidney or liver (or both). Seek a holistic doctor to advise you of your dietary and medicinal concerns.

6. **What are the symptoms of Vitamin D3 toxicity?"**

Symptoms of Vitamin D3 toxicity: weakness, anorexia, fatigue, headache, itching, vomiting, constipation and diarrhea. Toxicity symptoms appear within 12 to 36 hours of eating Vitamin D3 and the pain intensifies over time.

Polyuria, polydipsia, proteinuria and azotemia (polyneuropathy), peripheral nerve damage, depression, confusion, heart rhythm disturbances and myocardial infarction (heart disease) result from acute renal tubular injury by hypercalcemia. That's acute intoxication! Presence of calcium from calcium supplementation makes this toxicity worsen!

7. **"How do I know I am getting enough Vitamin D or getting too little?"**

This is open to various interpretations as you will find out in awhile.

There are many clinics associated with their own vitamin D testing laboratories. But there are also some laboratories in USA and Australia who offer their services directly to customers

without a doctor. You should be looking at home test kits for **25(OH)D** or **25(OH)D3 (the more accurate test)**. (the more accurate test). DO NOT use the 1,25(OH)D test!

These home test kits test for 25-hydroxyvitamin D or 25-hydroxycholecalciferol that is circulating in the body. (If you are afraid to prick your skin for a home test, then it's best to go to a doctor who would do everything for you!)

After providing blood samples - as instructed in each home test kit - you mail the blood blotter papers (or finger sticks) back to the laboratory address provided. The test results typically takes 2 weeks.

Here are some websites that sell the home test kits (go for those who would mail you the results in your own country):

- <http://www.vrp.com/test-kits/vitamin-d-blood-drop> US\$99 (Ships worldwide)
- <http://www.labtestingdirect.com/test-kits/item/?pid=651> US\$75 (Ship results only within USA, but will email results if you are out of the USA.)
- <http://www.homehealthtesting.com/vitamin-d-test.html> US\$54.25 (Ships everywhere except Canada and New York.)
- http://www.bloodtestathome.com/vitamin_D_test.html US\$54.98 (Ships within USA, but will collect from you. Does not service those in New York due to legal restrictions.)
- http://www.zrtlab.com/vitamindcouncil/home-mainmenu-1.html?page=shop.product_details&flypage=flypage.tpl&product_id=5&category_id=1 (Ships worldwide.)
- http://www.zrtlab.com/vitamindcouncil/home-mainmenu-1.html?page=shop.product_details&flypage=flypage.tpl&product_id=5&category_id=1 (Ships worldwide.)

The **American Journal of Clinical Nutrition** states that the **minimum Vitamin D levels in blood to reduce disease risk is 30 ng/ml**.

However, **the Vitamin D Council has a different take**. This is their recommended guidelines for Vitamin D levels:

Deficient: lower than 50ng/ml

Optimal: between 50-65ng/ml

Excess: greater than 100ng/ml

If you use the **25-D home test kit**, **12 ng/ml** is considered normal. [The vitamin D derived from food and supplements is converted into 25-hydroxyvitamin D, the form of vitamin D which dysregulates the Vitamin D Receptor in some people. When this happens, the human innate immune system is prevented from functioning properly. A 25-D level of under 12 ng/ml allows the immune system to function properly.]

How much of 25-hydroxyvitamin D in blood levels would 12 ng/ml of 25-D translate?

As you can see, the deficiency (or over-dosage) of Vitamin D, is pretty much left to left to how one interprets the data!

And here's even more irony: the accuracy of your Vitamin D readings from your blood

test will depends on the quality of the home test kits you use!

References for inadequacies for measuring Vitamin D levels in human blood:

Measurement uncertainty of Vitamin D Determination....

<http://www.springerlink.com/content/n40k4x267683q3h6/>

Measurements of 25OHD Unreliable for the Diagnosis of Hypovitaminosis D

<http://www.medscape.com/viewarticle/461971>

Similarly, food composition databases for vitamin D are woefully inadequate. So it is difficult to estimate vitamin D intakes from food alone!

Risks associated with having blood drawn are slight but may include:

- * Excessive bleeding
- * Fainting or feeling light-headed
- * Hematoma (blood accumulating under the skin)
- * Infection (a slight risk any time the skin is broken)

8. **“Which foods are good sources of natural Vitamin D?”**

For vegetarians and vegans, mushrooms can be eaten for Vitamin D supplementation. Eat a variety of mushrooms.

For the rest, egg yolks, krill oil, fish liver contain natural Vitamin D. The egg-whites should be eaten as well as it has enzymes and minerals to help in digesting egg-yolks that won't put a strain to your organs. You may want to re-consider eating tuna because they are closer to extinction now (especially the bluefin tuna).

If you eat fish for their fish oil, try to choose fish that are NOT fish-farmed. Farmed fish tends to lack their natural food (worms, other fish, algae) from its natural environment and are instead fed corn (just sugar and carbohydrate, no real nutrition there). Farmed fish are often grown in overcrowded fish nets and lack the exercise they need. Therefore, quality of their fish oil is in doubt.

Due to manufacturing process, your cod liver oil may or may not be a good source of omega-3 oils although it may still have some Vitamin D.

I don't really recommend other meat and most cheese (due to my own personal reasons). I prefer vegan cheese but it's not a source for Vitamin D. ([Ask me for my free ebook "The Dangers of Meat and Milk!"](#))

Do not rely on “fortified” Vitamin D in soy milk and such, as these are most likely to be

synthetic Vitamin D.

9. **“How do I choose a good Vitamin D supplement?”**

Ideally, your Vitamin D supplements should be free from these organic volatile impurities: Methanol, Hexane and Chlorobenzene.

Forget about looking for Vitamin D3, you should be looking at Vitamin D labelled as "fish oils" or "d-alpha-tocopheryl".

And make sure your Vitamin D Supplements do not contain other synthetic vitamins (they do not function the same as natural vitamins)! [Please refer to how Chemical Vitamin D3 is made via [Drawing from US Patent 6180805!](#)]

Vitamin D	Fish Oils d-alpha-tocopheryl	Natural Natural	In natural Vitamin D for example, you get all the natural d-beta, d-delta, and d-gamma. In synthetic Vitamin D, you don't get all those!
The best and most natural safest source of Vitamin D for us is what we produce from moderate regular sun exposure without burning.			

Synthetic Sources of Vitamin D	dl-alpha-tocopheryl	Irradiated animal fat/cattle brains or solvently extracted or irradiated fungus as in the case for Vitamin D2. Just like synthetic Vitamin A, over-consumption of Synthetic vitamin D can be toxic. There is no danger from over-absorption of natural Vitamin D via sunlight exposure.
	Irradiated Ergosterol (Yeast)	
	Calciferol	
	Cholecalciferol (Vitamin D3 from animal sources.)	
	Ergocalciferol (Vitamin D2 that comes from plants but are irradiated. Read right column.)	
	Calcidiol aka 25(OH)D3 or 25D3	
	Calcitriol aka 1,25(OH)2D# or 1,25D3	
	Viosterol	

(K) How Do I Get My Natural Vitamin D?

As you have just found out, due to several reasons, there's no sure way to know if you're getting enough Vitamin D or not, or if you are lacking it!

With natural **Vitamin D**, you get all the natural d-beta, d-delta, and d-gamma. In synthetic Vitamin D, you don't get all those! **You should only accept Vitamin D if they are labelled as "Fish Oils" or "d-alpha-tocopheryl".**

I repeat: Forget about looking for Vitamin D3, you should be looking at Vitamin D labelled as "fish oils" or "d-alpha-tocopheryl"! [Dairy milk only provides Vitamin D2 (which is considered synthetic vitamin) - another reason why milk should be reduced! ([Ask me for my free ebook "The Dangers of Meat and Milk!"](#))]

Avoid all other forms of Vitamin D (synthetic chemical weapons):

1. dl-alpha-tocopheryl
2. Irradiated Ergosterol (Yeast)
3. Calciferol
4. Cholecalciferol (Vitamin D3 from animal sources)
5. Ergocalciferol (Vitamin D2 from irradiated plants.)
6. Calcidiol aka 25(OH)D3 or 25D3 (It's synthetic Vitamin D1 and D3.)
7. Calcitriol aka 1,25(OH)₂D# or 1,25D3
8. Viosterol

And try getting out into the sunlight...normal clothed exposure! All life on earth needs light from the sun - you're no different although you are not a plant! 5 minutes a day is the minimum you need and everyone has 5 minutes to spare in a day!

Maximum production of vitamin D occurs after brief exposure to UV radiation, as short as 5 minutes before the skin turns pink (or tan), and way before anyone could get actinic keratoses (lesions caused by over-exposure to the Sun's UV rays) .

The exact amount of time depends on factors like your location, time and season of day, your skin type and genes.

For example, on a cloudy day, an Asian in Singapore can afford to be out in the sun for up to 22 to 38 minutes. On a rainy day in London, a dark Caucasian can afford to be out in the sun for up to 3 hours and 26 minutes! Here's an [online calculator to help you calculate your recommended outdoor sunlight exposure](#).

Eat well and sun well. Don't rely too much on TEST KITS or their results!

Related Info

1. [Dr. Brian Clement from Hippocrates Health Institute: You can end up with major trouble with synthetic vitamin D2.](http://www.hippocrateshealthlifestyle.com/2760/nutritional-supplements-dangers-vitamin-2/) <http://www.hippocrateshealthlifestyle.com/2760/nutritional-supplements-dangers-vitamin-2/>
2. In 1923, Harry Steenbock at the University of Wisconsin demonstrated that irradiation by ultraviolet light increased the vitamin D content of foods and other organic materials. Fruits and vegetables that have been sunned keep longer even without refrigeration!
3. [Unsaturated Fats plus ultraviolet light = Cancer by Dr. Raymond Peat](http://www.newtreatments.org/FoodInfo/ga/420/) <http://www.newtreatments.org/FoodInfo/ga/420/>
4. [The frequency needed for natural Vitamin D production is blocked by aluminum.](http://www.youtube.com/watch?v=zpqag9YvvXw) Video: <http://www.youtube.com/watch?v=zpqag9YvvXw>
5. "Is there a place to read reviews of Vitamin D supplements?" Yes, visit [Consumerlab.com/reviews/Vitamin_D_Supplements/Vitamin_D](http://www.consumerlab.com/reviews/Vitamin_D_Supplements/Vitamin_D)
6. [Vitamin D Doubles Colon Cancer Survival Rates - British Journal of Cancer \[Sept 15, 2009; 101\(6\): 916-23\]](http://www.ncbi.nlm.nih.gov/sites/entrez?orig_db=PubMed&db=pubmed&cmd=Search&TransSchema=title&term=%22British%20journal%20of%20cancer%22%5BJour%5D%20AND%202009%5Bpdat%5D%20AND%20vitamin%20D) http://www.ncbi.nlm.nih.gov/sites/entrez?orig_db=PubMed&db=pubmed&cmd=Search&TransSchema=title&term=%22British%20journal%20of%20cancer%22%5BJour%5D%20AND%202009%5Bpdat%5D%20AND%20vitamin%20D
7. Video Exposes FDA's Censorship of SUNLIGHT's Linked to Body's Natural Production of Vitamin D and Cancer <http://t.co/nMQRVyu> via @HealthRanger
8. [Highly Cited Papers on UVB and Vitamin D and Cancer](http://mercola.fileburst.com/PDF/703-highly_cited_vitamin_D_cancer[3].pdf) [http://mercola.fileburst.com/PDF/703-highly_cited_vitamin_D_cancer\[3\].pdf](http://mercola.fileburst.com/PDF/703-highly_cited_vitamin_D_cancer[3].pdf)
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