

DHA: 85% OF UAE POPULATION ARE AT HIGH RISK OF VIT D

DEFFICIENCY OR INSUFFICENCY *Better Health DHA NOV 2017

Endocrine Society Recommendations for Pregnancy:

- Pregnant women are at high risk for vitamin D deficiency, which increases the risk of preeclampsia and cesarean section .
- To satisfy their requirement to maintain a 25(OH)D above 30 ng/ml, their daily regimen should include at least 1500 - 2000 IU/Day vit D.
- We suggest that the tolerable upper limits (UL) of vitamin D, which is not to be exceeded, should be 4000 IU/d for pregnant woman.
- ** Endocrine society: Deficiency: ≤ 20 ng/ml Insufficiency: 21-29 ng/ml Optimal: ≥ 30 ng/ml

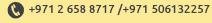
DAILY RECOMMENDED DOSE = 2000 IU (EQUALS 2 TABS/DAY)

PROVITA D3 1000 IU TABLET IS A UNIQUE FORMULATION OF CHOLECALCIFEROL

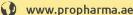
90 TABLETS FOR 45 DAYS
COVERD BY BASIC INSURANCE

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Holick MF et al. Evaluation, treatment, and prevention of vitamin D deficiency: an Endocrine Society clinical practice guideline. J Clin Endocrinol Metab 2011; 96:1911-30



Dubai Health Authority https://www.dha.gov.ae/en/Bett erHealth/Betterhealth2017nov0 6-60.pdf

