

DO PREGNANT WOMEN IN UAE GET ENOUGH VITAMIN D?



DHA : 85% OF UAE POPULATION ARE AT HIGH RISK OF VIT D DEFICIENCY OR INSUFFICIENCY * 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

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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/BetterHealth/Betterhealth2017nov06-60.pdf>

