

GOOD Sources of NATURAL Vitamin D

- 5% from eggs (Complete Nutrition listed on p 36 -37 Volume 6)
- 3.5 oz of **wild fresh salmon** = 600 -1,000 units of D
- Quart of fortified milk = daily recommended dose
- Fish liver oils, such as **cod liver oil**, 1 Tbs. (15 ml) provides 1360 IU (90.6 IU/ml)

Vitamin D Toxicity:

Excessive exposure to sunlight does not lead to overproduction of vitamin D. Vitamin D toxicity is inevitably the result of overdosing on vitamin D supplements. Certainly, vitamin D supplements are a valuable treatment for individuals with deficiencies. However, ingestion of excessive (milligram) quantities of vitamin D over periods of weeks or months can be severely toxic to humans and animals. In fact, baits containing large quantities of vitamin D are used very effectively as rodenticides.

Overdose can also lead to kidney stones.

Cholecalciferol has an origin from animal products such as sheep wool. The sheep are not killed. The wool is sheared, and lanolin from the sheep wool is **chemically altered** in the lab to produce vitamin D3 or cholecalciferol.

Cholecalciferol is produced industrially for use in vitamin supplements and to fortify foods by the ultraviolet irradiation of 7-dehydrocholesterol extracted from lanolin found in sheep's wool. Paraphrasing a more detailed explanation [6], cholesterol is extracted from wool grease and wool wax alcohols obtained from the cleaning of wool after shearing. The cholesterol undergoes a four step process to make 7-dehydrocholesterol, the same compound that is stored in the skin of animals. The 7- dehydrocholesterol is then irradiated with ultra violet light. Some unwanted isomers are formed during irradiation. These are removed by various techniques, leaving a resin which melts at about room temperature and usually has a potency of 25,000,000 to 30,000,000 International Units per gram.

Vitamin D 3 produced from Lichen

When an alga and fungus physically intertwine in a very close symbiotic relationship, they actually form an entirely new growth called lichen. Lichen is a kind of primitive plant species that's nothing more than strands of alga linked with roots and branches of a fungus that together absorb minerals from the ground and conduct photosynthesis. Lichen can grow almost anywhere, from moist bark to recently cooled lava to frozen rocks.