

## 50,000 IU - How Often To Take?

Days* between 50,000 IU	Health Problem	Prevent Treat Recover	Reduce symptoms or number of people with symptoms	RCT = Random Controlled Trial CT = Clinical Trial	Vit D Wiki Ref #
2	Traumatic Brain Injury	T	2X	RCT, 20,000 IU	24
2	Raynaud's Syndrome	T	40 %	RCT, visual scale	10
2-	Multiple Sclerosis	R	95% Recovered	CT, 20K-140,K IU/day +Vit. B2	43
3	Sickle Cell	T	Less pain	RCT up to 100,000 IU/week	22
4	Sleep disorder	R	Recovered	CT, 60-80 ng +Vit B12	
5	Muscle fatigue	T	Reduced	CT, 20,000 IU every 2nd day	
5	Back Pain	T	95% reduced	CT, 5,000-10,000/day	
5	Cluster Headaches	R	80% cured	CT, 10,000/day+ Omega-3	
5	Parkinson's Disease	T	Ongoing Trial	RCT, 50,000 IU/week	
7	Leg ulcer healing	T	4X faster	RCT, 50,000 IU/week small study	23
7	Menstrual pain	P	76 %	RCT, 7000 IU avg	11
7	Skin problems resolved	T	70 %	RCT, 50,000 IU/week	
7	Fibromyalgia	T	Significantly reduced	RCT, 50,000 IU/week	
7	Multiple Sclerosis (from pre-MS)	P	68% fewer get MS	RCT, 7100 IU prevent	26
7	Chronic Obstructive Pulmonary Disease	T	17X improvement	CT, 50,000 IU/week	45
9	Chronic kidney disease	T	50 % not need dialysis	RCT, 40,000 IU / week	
9	Gestational Diabetes	P	40%	RCT, 5,000 IU	44
9	Low vitamin D while breastfed	P	All infants > 20 ng	RCT, 5,000 IU	38
10	PAIN	T	To be published	CT, 34,590 IU/week	
12	Diabetes T2	T	62 % CRP reduction	RCT, 4000 IU	4
12	Pregnancy risks	P	50 %	RCT, 4000 IU	12
12	C-section, unplanned	P	50 %	RCT, 4000 IU, small study	13
12	Respiratory Tract Infection	P	63 %	RCT 4000 IU 1 year	20
12	Prostate Cancer	T	Fewer +cores	RCT, 4000 IU (2012)	35
12	Hives, Chronic	T	Reduced 40%	RCT, 4000 IU added	40
12	Muscle in seniors	T	17 % more muscle	RCT, 4000 IU	30
14	Fibromyalgia	T	Reduced	RCT, 30-48 ng	39
15	Lupus	T	No flares	Load then 100,000 IU/month	21
<i>Note: due to short half life, people should not take 50,000 IU any less frequently than about 18 days</i>					
21	Hypertension	T	149 to 142 mm Hg	RCT, 2400 IU	1
25	Influenza	P	90 %	RCT, 2000 IU	6
25	Gingivitis	T	88 %	RCT, 2000 IU	29
25	Antibiotic use when >70y	T	47 %	RCT, 60,000 IU/month	31
25	Weight Loss	T	Reduced extra 5 lbs	RCT, 2000 IU +diet +exercise	42
36	Asthma	T	Reduced	RCT, 60,000 IU/month	36
45	Parkinson's Disease	T	Stabilize	RCT, 1200 IU	25
45	Breast Cancer	P	60 %	RCT 1100 IU	16
50	Cardiovascular - after an attack	T	32 % fewer deaths	CT, 1000 IU	
125	Cholesterol	T	Reduced 4 mg	RCT, 400 IU + Ca	41

**VitaminDWiki June 2014** Trial details: <http://is.gd/50000D3>

\*Each dosing interval is assumed to treat all conditions below it