

## Attention: overdosing possible

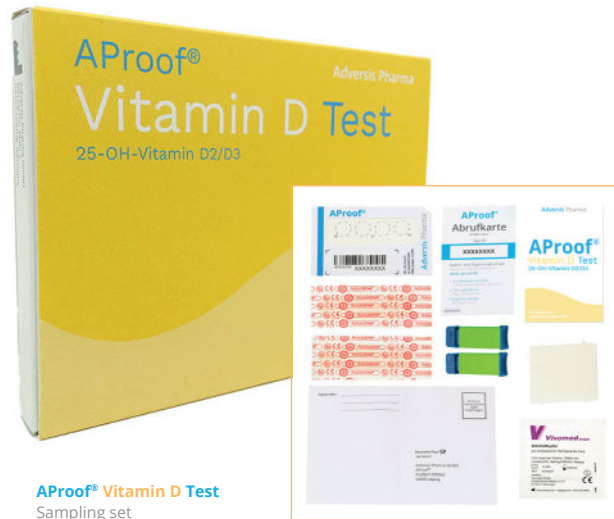
Correct dosing is very important when taking vitamin D as a supplement, because an excessive dose can also have negative consequences such as increased calcium values in the blood, nausea and kidney problems.

Testing for vitamin D deficiency ensures clarity in this regard.

## How can I have myself tested?

Practical tests for use at home, such as the **AProof® Vitamin D Test**, are already available. A few drops of blood from your fingertip are sufficient. You then send the sample postage-paid to the specialist **AProof®** laboratory, where it is analysed.

The result can be called up online a few days after we receive the sample. Your medical findings include the quantitative measurement of 25-OH vitamin D2 and D3 in ng/ml and nmol/ml.



AProof® Vitamin D Test  
Sampling set

Further information & ordering at:  
[www.aproof.de](http://www.aproof.de)

## CONTACT

### Specialist laboratory for dental diagnostics

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Dentist stamp

iai test kit box with all of the  
necessary documents and  
materials for sampling



**iai** Institut für Angewandte  
Immunologie

# PadoTest®

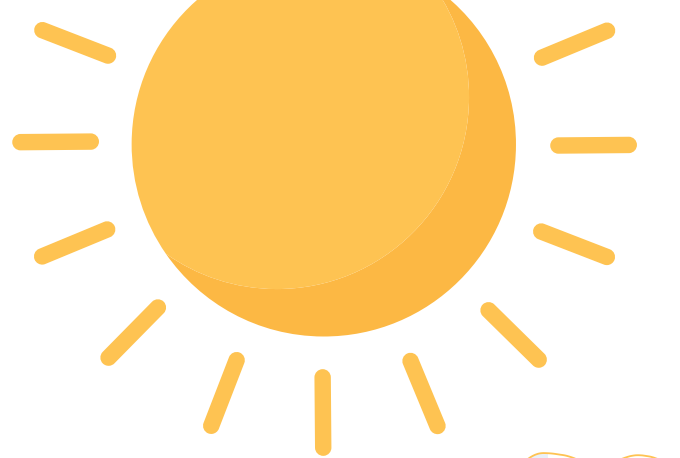


## VITAMIN D – THE ALL-ROUNDER

Important information for patients

# VITAMIN D



For strong teeth and healthy gums









# VITAMIN D DEFICIENCY IN GERMANY

## What is vitamin D?

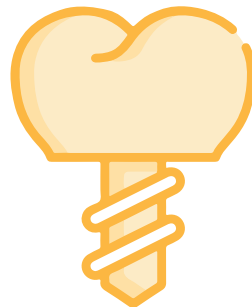
Vitamin D is a lipid-soluble vitamin that acts like a hormone. A distinction is made between two sub-groups:

-  **Vitamin D2** (ergocalciferol) occurs in plants
-  **Vitamin D3** (cholecalciferol) is formed by the body and can also be found in food of animal origin

## Which functions does vitamin D regulate in the body?

-  Uptake of calcium and phosphorus (for strong bones and teeth)
-  Stabilisation of the calcium level
-  Inhibition of inflammation
-  Effect on the psyche
-  Regulation of the blood glucose level
-  Strengthens and builds up muscles

Talk to your dentist about the connection between vitamin D and oral health.



## Vitamin D and periodontal diseases

The 'sun vitamin' is involved in numerous metabolic functions in the body and plays an important role in maintaining bone substance and boosting the body's native immunity.

Vitamin D also has an anti-inflammatory effect, which is why a sufficient level of vitamin D is an important prerequisite for a better immune response to periodontopathogenic bacteria for patients. A sufficient supply of vitamin D therefore goes hand in hand with an improved response to therapy.

## Vitamin D in implantology

In implantology, vitamin D is regarded as an essential basis for increased bone density and bone formation and for inhibiting bone loss. Vitamin D deficiency can be responsible for poor healing and the premature loss of implants.

In a study, the Robert Koch Institute (RKI) investigated the supply of vitamin D in Germany and arrived at the result that **only 38.4% of adults between 18 and 79 years of age have a sufficient vitamin D supply.**

As a sufficient supply of vitamin D can only be ensured to a minor extent even with a balanced diet, additionally taking vitamin D as a supplement is necessary in the event of a deficiency.

## Vitamin D values

### Important:

The vitamin D level is always measured in the blood. The correct dose of food supplements is then determined based on the expert analysis of your vitamin D.

Vitamin D concentration	Evaluation
< 20 ng/ml	Vitamin D deficiency
20 to < 30 ng/ml	Possibly insufficient vitamin D supply
30 to 60 ng/ml	Good vitamin D supply
> 60 ng/ml	Possibly excessive vitamin D supply