



KINGWOOD  
23802 HIGHWAY 59 NORTH  
KINGWOOD, TX 77339-1510  
TELEPHONE: 281-312-5400  
FACSIMILE: 281-312-5440

Dear Ms. \_\_\_\_\_,

You are receiving this letter because your provider has determined your vitamin D level is low. Vitamin D promotes calcium absorption in the body and is needed for bone growth. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. Together with calcium, vitamin D helps protect older adults from osteoporosis.

Vitamin D deficiency can occur when usual intake is lower than recommended levels over time, exposure to sunlight is limited, or absorption of vitamin D from the digestive tract is inadequate. Vitamin D-deficient diets are associated with milk allergy, lactose intolerance, or vegetarian diets.

Symptoms of bone pain and muscle weakness can indicate inadequate vitamin D levels, but such symptoms can be subtle. Vitamin D deficiency can also lead to generalized fatigue.

Therefore, you have been placed on a prescription of vitamin D which is 50,000IU that is to be taken twice a week for 5 weeks. Once the prescription is completed you will need to have your vitamin D levels checked again through blood work to ensure that levels have returned to a normal range. At that time you should continue with an over the counter vitamin D and Calcium supplement. We recommend 1,000-1,200 mg of calcium and 1,000-2,000 I.U Vitamin D daily.

If you have any further questions, please call our office and ask to speak to the nurse of your provider at 281-312-5400.

Take care,

Amy Plummer, M.D.  
Noel Boyd, M.D.  
Mary Jackson, M.D.

(VITAMIN D PROTOCOL)