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If you are pregnant or if you have one or more of the following problems:

Allergies? Autoimmune diseases (rheumatism, thyroid diseases)? Susceptibility to infection (also HPV- or chlamydia infection)? menstrual complaints? Cysts of the ovaries? Acne? Increase in male hormones? Unfulfilled desire to have children? Breast pain and cysts of the breast? Cancers? Overweight? Diabetes? Hypertension? Osteoporosis?



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These are commonly mentioned complaints that patients use to get to the doctor.

This may conceal a lack of vitamin D.

Often, incorrect lifestyles or a lack of sun rays are to blame. This is what we need to find out - and change! In Switzerland, 60% of the population has vitamin D deficiency in winter.

Vitamin-D from the pharmacy or the supermarket is usually not enough!

The choice of dietary supplements should always be done together with your nutritionist!

**You can do more for your precaution:
Examination of
Vitamin D**

Vitamin D is essential for maintaining bone density, has protective effects against cancer (breast, intestine and prostate) through immunomodulation, prevents rheumatism, susceptibility to infection, arterial calcification, unfulfilled desire to have children and prevents diabetes. In Northern Europe and with higher age, a relative deficiency of vitamin D is more common. It should be followed by a vitamin D supplement with 500 IE vitamin D daily and possibly a control of vitamin D blood levels. In not all people, vitamin D is sufficiently absorbed as a dietary supplement by the intestine (control examination), alternatively vitamin D can then also be administered as a depot syringe for 3 months each.

Feel good with the safety of medical supervision!

Why is a vitamin D intake important?

Vitamin D receptors are present in a variety of body tissues. It is necessary, among other things, for the

formation of bones, joints, muscles and teeth, for the absorption of calcium in the intestine, for the immune system, cardiovascular functions, for signal transmission in the cells and for psychological functions such as vitality and joie de vivre.

What is a vitamin D deficiency?

Vitamin D deficiency is said to be in the blood when vitamin D levels are below 75 nmol/ml. Then many biological functions in the body are no longer optimally placed. As a result, malfunctions and, finally, multi-system diseases occur. It is thought that in Switzerland about 80% of the population have a vitamin D deficiency, in summer and winter.

How can a vitamin D deficiency be detected?

The 25-hydroxyvitamin-D3 blood level = 25(OH)D3 is a very reliable measure of the current vitamin D status.

Have your vitamin D blood levels checked!