



Awakenings Mental Health

Vitamin-D

What is Vitamin-D and Why is it Important?

Often called the "sunshine vitamin," Vitamin D is a fat-soluble vitamin that functions like a hormone in the body. Beyond its well-known role in bone health, Vitamin D is essential for brain development, immune function, and the regulation of inflammation. It plays a key part in protecting neurons and supporting overall brain health.

The Link Between Vitamin-D and ADHD

A growing body of research shows a significant correlation between low Vitamin D levels and the presence and severity of ADHD. Studies, such as one by Azab et al. (2014), have found that lower blood levels of 25-hydroxyvitamin D [25(OH)D] are associated with higher scores for inattention, suggesting a direct link between Vitamin D status and core ADHD symptoms.

Uses & Benefits in ADHD

Supplementation is aimed at correcting a diagnosed deficiency to ensure the brain has the support it needs for optimal function.

Supports Neuroimmune Function:

Adequate Vitamin D levels help maintain a healthy inflammatory balance in the brain.

Improves Inattention:

By correcting a deficiency, supplementation may lead to improvements in focus and attention, as suggested by the correlational research.

Dosage:

A daily dose of 25-50 mcg of vitamin D₃ is often used to bring levels into the healthy range (above 30 ng/mL).

Monitoring:

It is essential to measure 25(OH)D levels with a blood test before starting and again after 8–12 weeks of supplementation. This ensures the target is reached safely and prevents potential toxicity from excessive intake.

Important Note:

Vitamin D supplementation should always be based on lab results and supervised by a medical provider.

Conclusion

For individuals with ADHD and confirmed Vitamin-D deficiency, supplementation is a safe and important part of a comprehensive treatment plan. Ensuring adequate levels of this vital nutrient supports overall brain health and may help improve symptoms of inattention.