



Zen Haus®



Guide To Supplementing With ADK

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This is a brief guide to using the Zen Haus ADK supplement.

It is intended for increasing Vitamin D serum levels safely. This is not meant for treating any specific disease or illness.

Unless stated otherwise, these recommendations are for adults taking the supplement on a daily basis.



How Much To Take?

How Much To Take?

Vitamin D Dose

The Zen Haus ADK Supplement has 2000 IU of Vit-D in each capsule.

The Grassroots Health Organization recommends 2000 IU daily to help get us to the 40-60 ng/ml range. The 60 level offers the most overall health protection as recommended by the scientist panel. Vit-D at 1000-2000 IU amounts are needed to reach and maintain serum levels greater than 30 ng/mL.

Some doctors and researchers recommend taking around 600-800 IU per day. Prominent researchers like Michael Holick and Reinhold Veith suggest that up to 10,000 IU is a safe daily dose. This claim is supported by the fact that lifeguards, farmers and sailors and others who work outside and who are out in the sun all day can make 10,000 IU of Vit-D naturally.



How Much To Take?

Vitamin A Dose

We recommend adults take 1 to 3 capsules per day on a regular basis however.

The recommended upper limit for Vit-A in retinol form has been estimated to be around 10000 IU. This product currently contains 1000 IU per capsule.

The exception would be for individuals with a known deficiency or wanting to increase Vit-A temporarily for eye and skin care.



How Much To Take?

Vitamin K Dose

Upper Limits for Vit-K are not established.

However, given recent research done by the Norwegian Food Safety Authority we do not expect the 100 mcg of K2 per capsule to be an issue for adults taking 3 capsules per day. ([Reference](#))

For children and adolescents we recommend not exceeding one capsule per day.





When To Take ?



Take with a meal
during the day.

Take with fats and oils. 1-2
tablespoons of avocado oil is
preferred. You can also use coconut
oil, olive oil, fish oil, butter etc..



When To Take?

Better With Food

The ADK supplement can be taken alone however it is best to take Vit-D with a meal and preferably with fats like avocado oil or fish oil. It is also good to have with butter, eggs and cheese.

We recommend taking during the day when the sun is up because long ago that is when we got most of our Vit-D. Midday or with lunch would be a good time.

ReCap

1-3 capsules daily for adults

1 daily for children and adolescents

Take with food during the day

Preferably with avocado oil or other oils/fats such as butter, fish oil, olive oil and coconut oil

Take on a regular basis for the best results



Resources Online

Read our web-post

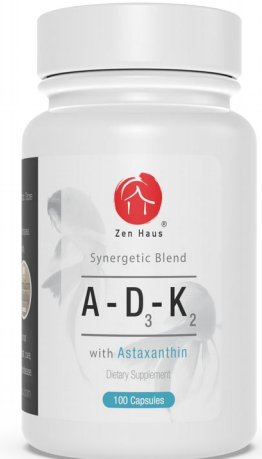
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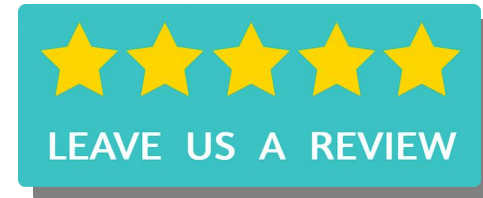
Available Products



We are developing a limited but complementary product line to provide a system which provides simple and effective supplement strategies.

Product Review

If you approve of this product and found the information useful please take a moment to leave a [product review](#) on Amazon.



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Write to us at iodine@myzenhaus.com

- Thank You -



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