

International Journal of Clinical Case Reports and Reviews Sabita Sinha*

Review Article

Open Access

The Synergistic Role of Vitamin D as Diagnostic Tool and Recovery upon Boosting serum Level: Evidence from a case study of 100 patients

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Received Date: September 30, 2025 | Accepted Date: October 22, 2025 | Published Date: November 05, 2025

Citation: Sabita Sinha, (2025), The Synergistic Role of Vitamin D as Diagnostic Tool and Recovery upon Boosting serum Level: Evidence from a case study of 100 patients, *International Journal of Clinical Case Reports and Reviews*, 31(2); **DOI:**10.31579/2690-4861/980

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Abstract:

Vitamin D, a powerful hidden biomarker, is linked with the root causes of several diseases. It plays dual role in diagnosing the diseases and at the same time it influences benchmark recovery upon boosting the serum level. Multiple researchers have conducted experiment on Vitamin D and its widespread health impact is recognizable. When it is deficient, how it affects and how quickly it changes the scenario upon boosting serum level. We have done this case study in own clinic-JSS Homeopathy, Bengaluru, India. We have taken 100 patients for this study. This case study is done based on full body examination along with Vitamin B12 and D, total IgE, electrolytes, cardiac risk marker, PPBS, cancer screening, RA quantity. This case study is an evidence of how vitamin D influences our overall health and how it affects when it is deficient and how it is improving the health upon boosting?

Key words: vitamin d serum level; deficiency; insufficiency; diagnosis; recovery; several diseases; synergic relationship; sources of vitamin d; toxicity

Introduction

Vitamin D deficiency is the underdiagnosed health concern not only in India; it has worldwide impact with a significant global impact. It is not limited as Nutritional factor, rather it plays vital role from fetus formation to overall life expectancy. It acts as a lifelong physiological regulator, imparting protective effects from early development through aging and work as a protector until end of life. This study is going to reveal how vitamin D is linked with several diseases and it is the pathway of recovery along with addressing other concerned issue. Now the question arises, why it is so important and how could we tell that Vitamin D is linked with several diseases? We have taken 100 patients with unique physical issues. However, one similarity is there among all 100 patients and it is Vitamin D deficiency or insufficiency.

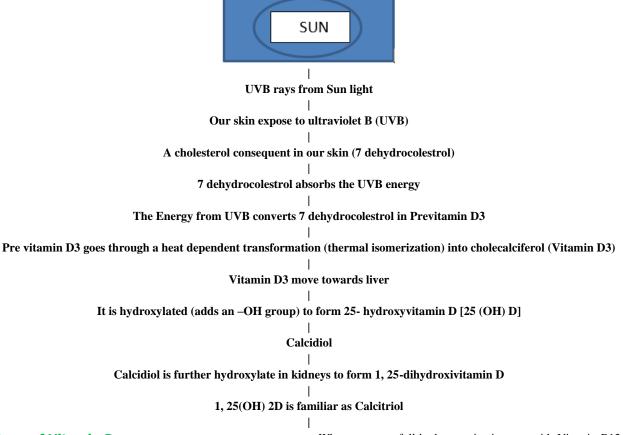
- 1) Unlike other fat soluble Vitamins –A, E, K, it breaks down in fat and oils and storage point is liver and adipose tissue.
- 2) It gives a red flag, if taken in a wrong way and excessively and ends up with toxicity. However, it is very rare.

- Consumption of Vitamin D at night may interrupt with melatonin secretion and disturb in sleep pattern, disturb in cardiac rhythm and mal absorption.
- 4) It should be taken with fat soluble meal and activate it in sunlight, since it is also called sunshine Vitamin.
- We can consume it after breakfast or lunch.
- 6) Proper way to take Vitamin D-□D3+K2+ Calcium +Magnesium glycinate
- D3---It increases proper absorption of Calcium and Phosphorus and raises blood Calcium level without depositing in arteries, Kidneys or soft tissues.
- II. K2---K2 activates osteocalcin and matrix Gla-protein (MGP) and it ward off calcium to accumulate in blood vessels and arteries and sends calcium directly to bone.

- III. Calcium---it gives its best, when absorb with Vitamin D3 and combined with K2, it gives strength to bones rather vascular calcification.
- IV. Magnesium glycinate---Acts as catalytic agent along with Vitamin D metabolism and also convert Vitamin D, into its active hormonal form, calcitriol. Again, it helps from calcification of calcium. Magnesium glycinate is highly bioavailable and free from laxative effect than magnesium oxide.
 - When someone is Vitamin D deficient, sometimes higher doses like 5000IU, 10,000IU,20,000IU,50,000IU are beneficial for short duration. However, supplements should be taken in higher dose with proper supervision. Regular monitoring should be added, in order to avoid toxicity. High dose Vitamin D is preferable for situation like cancer, autoimmune diseases and other undifferentiated diseases for better result.

- 8 Children below 6 years should be avoided high dose of vitaminD. Daily 600IU is sufficient for them.
- 9 Children between 6 to 10 years can be given 1000IU to 2000IU to bid the situation like cancer, autoimmune and many more. It should be given under proper supervision, if needed.
- 10 It has been observed that daily 600IU Vitamin D supplement is not sufficient for patients with severe vitamin D deficiency or insufficiency. However, higher dose of daily IU5000 is beneficial to recover speedily. We should monitor Vitamin D serum level regular basis in order to get maximum benefit.
- 11 Vitamin D toxicity is very rare. However, we should be careful about Vitamin D toxicity as well. We shouldn't stay on higher dose of Vitamin D for long duration.

How do we produce Vitamin D in our body?



Active form of Vitamin D

Above mentioned diagram represents a clear clinical picture of necessity of Vitamin D in handling all of our organs in a systematic way. It also justifies, why does Vitamin D is behind several diseases and playing a crucial role? What happens when we are deficient in this Vitamin? It is regulating through our skin to Liver, Kidney, gut health, intestine, brain, bone, joints and touching all most all organs. We can pretty much relate Vitamin D deficiency with several diseases. From skin issue to bone issue, eye problem, kidney problem, Liver issue, hair fall, autoimmune disease, infertility, cancer....everything is related to Vitamin D deficiency. I have represented 100 patients of my clinic with diverse physical issue, putting a strike in one familiar issue and it is Vitamin D deficiency. I wondered when I saw 6 years old baby boy has kidney issue along with other issues.

When we ran a full body examination test with Vitamin B12 and D, it shocked me. It was low Vitamin D serum level. Even I was speechless, when I observed a 29 years old lady was trying to be pregnant and few obstacles were there. I found her Vitamin D serum level was 4 ng/ml and she has also kidney issue. It was rather an investigation that almost all cancer patients are Vitamin D deficient. Now the important question arises where are we going wrong and why do we all fall in Vitamin D deficiency criteria? Answer is quite easy and simple, and it is our lifestyle. When the main source of Vitamin D is sun and we barely spend time in sun, how could we expect proper Vitamin D production in our body? Our ancestors might have faced other issues like nutritional deficiency, mal absorption, Dengue, Malaria and died because of lack of proper treatment. However, it was rare to have Vitamin D deficiency in that period. It is

because almost all the time they were in touch with Mother Nature and living healthy life and smiling in sun shine. They could get sunlight whole day long and get maximum benefit of it. When People with fair complexion need only 20-25 min to activate Vitamin D in body, it is not sufficient for dark complexion people, because of excess melanin. If they take 40-45min sun light also, sometimes they end up with vitamin D deficiency. Our sedentary indoor work and lifestyle is responsible for this. Once we develop Vitamin D deficiency, it is hard to recover it. Our daily Vitamin intake with food is not adequate to fill up that vitamin D deficiency. Real fact is that after taking Vitamin D supplement also, we fail to bring it back to normal. It is because whole Pharma companies are filled with Vitamin D supplement. It is rare to get exactly designed Vitamin D to benefit us in long run. As a result, we end up with same Vitamin D deficiency even after taking proper supplement also. Once we are deficient in Vitamin D, we have to take Vitamin D supplement along with proper diet and sun light. In case we stop taking Vitamin D supplement, it goes down.

Vegetarian sources of Vitamin D

- 1) Mushroom
- 2) Oranges
- 3) Fortified cow's milk
- 4) Plant based milks(soy, almond, rice, oat)
- 5) Fortified breakfast cereal

Non-Vegetarian Sources of Vitamin D

- 1) Cod liver oil
- Salmon(wild)
- 3) Tuna
- 4) Sardines
- 5) Egg yolk
- 6) Chicken, cod, beef liver

Main source of Vitamin D is sun. So it is called Sun shine Vitamin. Whatever may be the diet, sun exposure is mandatory. Morning 7am to 9am and evening 4 pm to 5 Pm sun light is useful. It depends upon country and weather.

Vitamin D toxicity:

When Vitamin D is so much necessary and deficiency can cause so many changes in our body, toxicity must be accounted. Too much vitamin D may cause adverse effect and result in hyper calcemia, kidney stone, renal failure, hypertension, calcification in blood vessel, bone fragility,

pancreatitis, confusion, depression and so on. So we should always monitor Vitamin D serum level.

Methodology:

Study type:

- Observational- The investigator observes and records outcomes without actively assigning or controlling treatment.
- 2) Prospective case study- It is observational clinical research, where investigator identifies patients at the beginning of the study and then follow forward in time to observe outcomes after a particular exposure, intervention or treatment.

Explanation with example: 100 Patients have been enrolled in clinical setting at JSS Homeopathy, with low Vitamin D , their baseline Vitamin D status and clinical conditions recorded, and prospectively follow up done with after supplementation of Vitamin D along with respective homeopathy medicines to evaluate recovery and overall health improvement.

Inclusion criteria of the study: This is the predetermined characteristic of a participant; they must have to qualify the eligibility of the study.

- 1) Age parameter: 6 to 90 years
- Clinical Symptoms emphasizing of Vitamin D deficiency (rheumatoid arthritis, infertility, alopecia areata, Vitiligo, thyroid, insulin resistance)
- 3) Duration: 12 months

Exclusion criteria of the study: Factors that disqualify a potential participant to be as included in this study as inclusion criteria.

- 1) Chronic renal failure, osteoporosis
- 2) Patients who are already in Vitamin D supplement Randomized controlled group of subjects are not included in this study.

Procedure:

Baseline Evaluation:

- i) Serum 25(OH) D levels have been measured
- ii) All 100 Patients have been categorized under
- iii) Deficient (below 20 ng/Ml
- iv) Insufficient (20-30) ng/mL
- v) Normal (30-100) ng/mL

Data collection of 100 Patients in JSS Homeopathy, Bengaluru, India

SL No	Patient ID	Age		Consultatio n Date	Diagnosis	Baseline Vitamin D Status	Serum 25(OH)D(ng/mL)	Treatment provided	Follow- up date	Post- treatment Vitamin D level(ng/ml	Overall Clinical outcome	Adver se effect/disc repancy
1	IO12345	65	Female	27/01/25	Osteoporo sis,Hypoth yroidism, High ESR, High CRP	Normal 30-100 ng/mL Deficient: Below 20 ng/mL Insufficient: Below 30 ng/mL	10.1ng/mL Deficient	Dr. Berg IU5000(Daily 1 , after breakfast)+ Nutrilite Cal mag D plus K2(Daily1, after lunch)+ SBL Magnesia Phos 6x +Nveda join stupport(Daily 1, after lunch) Additional Homeopathy for concerned issues.		26 ng/ml ((Insuffici ent)	Able to walk properly, inflammation reduced, knee pain lessened.	None
2	1068976	6	Male	23/02/25	High allergy, alopecia areata, Iron deficiency, kidney issue , low hemoglobi n	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	13.25 ng/mL Deficient	Allen Vitamin D 600IU (Daily 2, after breakfast and lunch) + ½ cal mag D plus k2+ SBL Magnesia Phos 6x +Additio nal Homeopa thy for concerne d issues.	02/04/25	29 ng/mL Insuffi cient	Reductio n in allergy level, improve ment in hair follicle, improve ment in kidney function	None
3	IO1287 6	46	Female	21/01/2 5	Kidney issue, schizophre nia, Grade 2 fatty liver, High ESR	Normal 30- 100 Deficien t: Below 20 Insuffici	8 ng/mL Deficient	Allen Vitamin D 1000IU (Daily 2 , after breakfast and	02/05/25		Little improve ment	Patien t denied to take medici ne Prope rly
						ent: Below 30		lunch) + ½ cal mag D plus k2+ SBL Magnesia Phos6x +Additio nal Homeopa thy for concerned issues.				and stoppe d She thinks she is alright withou t medici ne.

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4	IO1295	67	Femal e	01/02/2	High allergy,	Normal 30	15 ng/mL	Dr. Berg	4/05/2	32ng/mL	Reductio n	None
	6			5	RA	100	Deficient	IU5000	5	Norma 1	in allergy	
					positive,	Deficien t:		(Daily			level, dry	
					blood sugar,	Below 20		1			cough	
					high ESR,	Insuffici ent:		, after			reduced,	
					dry cough	Below 30		breakfast)			improved	
								+			blood sugar,	
								Nutrilite			Improve	
								Calmag			ment in RA	
								Dplus K2 (factor	
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos 6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerned				
								issues.				
5	IO1934	50	Femal e	01/01/2	Papillary	Normal 30-	18 ng/mL	Dr. Berg	21/04/		Improve	None
3	5	30	remare	5	thyroid	100	Deficient	IU5000(25		ment in	None
	3			3	Carcinom a,	Deficien t:	Deficient	Daily 1,	23		thyroid	
						Below 20		after			nodule size,	
					grade 1 fatty	Insuffici ent:						
					liver, RA			breakfast			other cancer	
					positive, uric	Below 30)+ N (''''			markers	
					acid, High			Nutrilite			also	
					CRP			Calmag			improved	
								Dplus K2 (, reduced	
								Daily1,			RA level,	
								after lunch)			reduced uric	
								+ SBL			acid,	
								Magnesia			improved	
											hemoglob in	
											level	
	[Phos6x				
								+Additioal				
								Homeopa				
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								issues.				

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	IO1587 6	29	Male	02/02/2 5	Uric acid, Grade 1 fatty liver, High CRP	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	14 ng/mL Deficient	Dr. Berg IU5000(Daily 1, after breakfast) + Nutrilite Cal mag D plus K2 (Daily1, after lunch) + SBL Magnesia Phos 6x +Additio nal Homeopa thy for concerne d issues.	20/05/25	34ng/ mL Norma l	Improve ment in uric acid level, Fatty liver was improved , CRP level was reduced	None
7	IO1386 2	90	Male	12/03/2 5	High BP, hot boil , prostrate issue	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30		Dr. Berg IU5000(Daily 1, after breakfast)+ Nutrilite Calmag Dplus K2 (Daily1, after lunch) + SBL Magnesia Phos 6x+Omeg a 3, daily 1after food	02/06/ 25		BP was improved , hot boil was resolved and improve ment in prostrate issue	None
								+Additio nal Homeopa thyfor concerned issues.				
	101294 5	50	Femal e	03/04/2	High CA- 125 marker, Ovarian cyst, Kidney stone, grade 1 fatty liver, low sodium	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	48ng/mL Normal (She was in Vitamin D suppleme nt). I replaced the Vitamin D suppleme nt with Dr Berg.	Dr. Berg IU5000(Daily 1 , after breakfast)+ Nutrilite CalmagD plus K2(Daily1, after lunch) + SBL Magnesia Phos	03/07/ 25	68ng/ mL Norma l	CA-125 marker came to normal, cyst size reduced, reduction in kidney stone, sodium level increased and patient was very	None

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								6x+Omeg a			much happy	
								3, daily				
								1after food				
								+Additio				
								nal				
								Homeopa				
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								concerned				
								issues.				
9	IO1396	40	Male	11/02/2	Vitiligo,lip	Normal 30-	19 ng/mL	Dr. Berg	07/07/		Improve	None
	7			5	oma,	100	Deficient	IU5000(25		ment in	- 1,0-20
	,			3		Deficien t:	Deficient		23		white	
					ganglion			Daily 1,				
					cyst, grade 1	Below 20		after			patches,	
					fatty liver,	Insuffici ent:		breakfast			improved	
					blood sugar,	Below 30)+			B12 level,	
					High			Nutrilite			blood sugar	
					cholesterol			Calmag			was	
								Dplus K2 (improved	
					, I D12			_			_	
					Low B12			Daily1,			, lipoma and	
								after lunch)			ganglion	
								+ SBL			size reduced	
								Magnesia				
								Phos				
								6x+Omeg				
								a 3, daily				
								1after food				
								+Additio				
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								Homeopa				
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								a 3, daily				
								1after food				
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								concerned				
								issues.				
10	IO1376	67	Femal e	02/03/2	HSV1	Normal 30-	19 ng/mL	Dr. Berg	05/07/	35ng/ mL	Improve	None
	4			5	positive,	100	Deficient	IU5000(25	Norma l	ment in	
				-	blister in	Deficien t:		Daily 1,			white	
					lip, allergy,	Below 20		after			patches,	
					liver issue,	Insuffici ent:		breakfast)			resolved	
					vitiligo,hig h	Below 30		+			liver issue,	
					ESR			Nutrilite			HSV1	
								Calmag			level was	
								Dplus K2(reduced,	
								Daily1,			Reduced	
								after lunch)			allergy level	
								+ SBL				
								Magnesia				
								Phos				
								6x+Omeg a				
								3, daily				
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								d issues.				
11	IO1396	82	Male	05/03/2	Osteoporo	Normal 30-	17 ng/mL	Dr. Berg	09/07/		ESR level	None
11		02	Maie	5	_	100						None
	8			3	sis, high		Deficient	IU5000(25		dropped, he	
					ESR,	Deficien t:		Daily 1,			could sit	
					Unable to sit	Below 20		after			down,	
					in ground	Insuffici ent:		breakfast			lessened	
						Below 30)+			pain	
								Nutrilite				
								Calmag				
								Dplus K2(
								Daily1,				
								after lunch)				
								+				
								SBL				
								Magnesia				
								Phos				
								6x+Omeg a				
								3, daily				
								1after food				
								+Nveda				
								joint				
								support				
								(daily1,				
								after food)				
								+Ad				
								ditional				
								Homeopa				
								thyforconc				
								erne				
								d issues.				
12	IO1308	14	Femal e	02/04/2	Low	Normal 30-	16ng/mL	Allen	05/07/		Improved	None
	9			5	sodium,	100	Deficient	Vitamin D	25		TSH	
					epilepsy,	Deficien t:		IU1000(level,	
					kidney	Below 20		Daily 1,			improve	
						Insuffici ent:		after			ment in	
					issue,hypo							
					thyrodism	Below 30		breakfast			sodium	
)+			level,	
								Nutrilite			epilepsy	
								Cal mag D			was in	
								plus K2 (control	
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos				
								6x+Omeg a				
								3, daily				
								1 afterfood				
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13	IO1386	6	Male	04/03/2	ADHD,	Normal 30-	17ng/mL	Carbami de	05/06/		Improved	None
	9			5	autism, High	100	Deficient	forte	25		ADHD	
					allergy,	Deficien t:		D3+K2+B			symptoms	
					Kidney	Below		12+ Allen				
						Below					, allergy	
					issue			calcium			level also	
								syrup+			dropped,	
						20		SBL			improve	
						Insuffici ent:		Magnesia			ment in	
						Below 30		Phos			Autism	
						2010 11 20		6x+Omeg a			110000	
								3, daily				
								1 after food				
								+Additio				
								nal				
								Homeopa				
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								d issues.				
1.1	101266	45		02/04/2	36121	N. 100	10 / 7		00/07/	22 / 1	-	2.7
14	IO1366	47	Femal e	03/04/2	Multiple	Normal 30-	12ng/mL	Dr. Berg	08/07/	32ng/ mL	Improve	None
	7			5	fibroids,he	100	Deficient	IU5000(25	Norma l	ment in	
					rnia,	Deficien t:		Daily 1,			fatty liver,	
					varicose	Below 20		after			fibroid size	
					vain, Grade	Insuffici ent:		breakfast			reduced,	
					1 fatty	Below 30)+			lessened	
					liver,low	2010 11 20		Nutrilite			pain in	
					· ·						-	
					sodium			Calmag			varicose	
								Dplus K2 (pain,	
								Daily1,			improve	
								after lunch)			ment in	
								+ SBL			hernia	
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
15	IO1333	36	Femal e	04/04/2	Adenomio	Normal 30-	18ng/mL	Dr. Berg	03/07/		Improve	None
	4			5	sis,	100	Deficient	IU5000(25		ment in	
	'				fibroadeno	Deficien t:	_ = ===================================	Daily 1,			prolonged	
					ma,low	Below 20		after			period,	
					sodium, iron	Insuffici ent:		breakfast)			reduced cyst	
					deficiency	Below 30		+			size	
								Nutrilite				
								Calmag				
								Dplus K2 (
								Daily1,				
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								Homeopa				
								thyfor				
								concerne				
								d issues.				
16	IO1359	10	Male	07/04/2	Low	Normal 30-	19ng/mL	Allen	04/07/	28ng/ mL	Improved	None
	8			5	sodium, Iron	100	Deficient	Vitamin D	25	Insuffi	kidney	
					deficiency,	Deficien t:		IU600(cient	function,	
					kidney issue	Below 20		Daily 2,			improve	
						Insuffici ent:		after			ment in iron	
						Below 30		breakfast			profile	
								and lunch)			•	
								+ Nutrilite				
								Cal mag D				
								plus K2 (
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
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								thy for				
								concerne d				
								issues.				
17	IO1365	20	Male	07/04/2	Low	Normal 30-	17ng/mL	Allen	09/07/		Sodium	None
	3			5	sodium,	100	Deficient	Vitamin D	25		level	
					Rehumatoi d	Deficien t:		IU600(improved	
					arthritis,	Below 20		Daily 2,			, CRP	
					high CRP	Insuffici ent:		after			level also	
					<i>3</i>	Below 30		breakfast			decreased	
								and lunch)				
								+ Nutrilite				
								Calmag				
								Dplus K2 (
								Daily1,				
								after lunch)				
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18	IO1397 8	33	Male	08/03/2 5	Sebhorric dermatitis, grade 1 fatty liver, high cholestrol	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	17nl/mL Deficient	Dr. Berg IU5000(Daily 1, after breakfast)+ Nutrilite Calmag Dplus K2 (Daily 1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	09/06/25	35nl/m L Norma l	Improve ment in Liver, cholestero l and skin issue	None
19	IO1309 8	27	Femal e	02/03/2 5	Fungul infection, blood sugar, high allergy	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	17ng/mL Deficient	Dr. Berg IU5000(Daily 1, after breakfast) + Nutrilite Calmag Dplus K2 (Daily 1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	07/06/25		Improve ment in fungul infection, allergy level dropped, control in blood sugar level	None
20	IO1324 5	36	Femal e	04/03/2 5	Ovarian cyst, blood sugar, high allergy	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	14ng/mL Deficient	Dr. Berg IU5000 (Daily 1, after breakfast) + Nutrilite Cal mag D plus K2 (Daily 1, after lunch) + SBL Magnesia	07/06/ 25	30ng/ mL Norma 1	Blood sugar was improved , allergy level dropped, improve ment in cyst size	None

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								Phos 6x				
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								nal				
								Homeopa				
								thy for				
								concerned				
								issues.				
								issues.				
21	IO1311	43	Femal e	02/01/2	Hashimoto s	Normal 30-	19ng/mL	Dr. Berg	03/04/		Improve	None
	3			5	hypothyroi	100	Deficient	IU5000	25		ment in	- 10-22
				J	dism,	Deficien t:	Benefelit	(Daily1,	23		TSH	
					High	Below 20		after			level,	
					-	Insuffici ent:						
					cholesterol			breakfast)			improved	
					, blood sugar	Below 30		+			blood sugar	
								Nutrilite			and	
								Calmag			cholestero l	
								Dplus K2(
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerned				
- 22	101066		361	02/01/2	T 71.111	N. 100	16 / 7	issues.	0.7.10.4.1			3.7
22	IO1366	9	Male	03/01/2	Vitiligo,	Normal 30-	16ng/mL	Allen	05/04/		Improve	None
	7			5	muscle	100	Deficient	VitaminD	25		ment in	
					cramp, over	Deficien t:		IU600(white	
					growth of	Below		Daily 1,			patches,	
					sternum			after			improve	
								breakfast			ment in	
					bone	20) +Nutrilite			overall	
						Insuffici ent:		Calmag			heath	
						Below 30		Dplus K2(
								Daily1/2,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								_				
								thyfor				
								concerne				
	7015			00.000				d issues.	04.5.1		- T	
23	IO1390	27	Femal e	03/01/2	Low	Normal 30-	14ng/mL	Dr. Berg	01/04/	32ng/ mL	Sodium	None
	0			5	sodium,	100	Deficient	IU5000(25	Norma l	level	
					gallstone,	Deficien t:		Daily 1,			increased,	
					high allergy	Below 20		after			allergy level	
					level	Insuffici ent:		breakfast			dropped,	
						Below 30)+			gallstone	
								Nutrilite			size reduced	
								Calmag				
								Dplus K2(
<u> </u>	l	<u> </u>						Dpius K2(<u> </u>			

	Clinical Cas										s w Sabila Sirina,	
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos 6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne d				
								issues.				
24	IO1386	33	Femal e	09/01/2	Melasma,	Normal 30-	19ng/mL	Dr. Berg	04/01/		Improve	None
	7			5	Hypothyro	100	Deficient	IU5000(25		ment in	
					id, blood	Deficien t:		Daily 1,			TSH	
					sugar	Below 20		after			level,	
					C	Insuffici ent:		breakfast			melisma	
						Below 30)+			was light,	
								Nutrilite			improved	
								Calmag			blood sugar	
								Dplus K2(level	
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
	701007	22	2.5.1	0.7/0.0/0				d issues.	0=10 41	22 / 7		
25	IO1335	33	Male	05/03/2	Gallstone,	Normal 30-	15ng/mL	Dr. Berg	07/06/	32ng/ mL	Improve	None
	4			5	high	100	Deficient	IU5000(25	Norma l	ment in	
					cholesterol	Deficien t:		Daily 1,			gallstone	
					,	Below 20		after			size,	
					hig	Insuffici ent:		breakfast			reduced	
					h	Below 30)+			bilirubin	
					bilirubin			Nutrilite			and	
								Calmag			cholestero l	
								Dplus K2(
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne d				
								issues.				
26	IO1343	33	Femal e	08/03/2	Grade 1 fatty	Normal 30-	17ng/mL		09/06/		Improve	None
20		33	remai e			100		Dr. Berg				none
	5			5	liver, high		Deficient	IU5000(25		ment in	
					cholestrol,	Deficien t:		Daily 1,			blood sugar,	

	Oliffical Cas	<u> </u>									s e oabita omina,	
					Blood sugar	Below 20		after			fatty liver	
						Insuffici ent:		breakfast			was	
						Below 30)+			revered,	
								Nutrilite			good	
								Calmag			control in	
								Dplus K2(sugar level	
								Daily1,			sugai icvei	
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
~7	IO1200	67	3.6.1	12/05/0	г	NI 120	10 / 7	d issues.	15/07/	24 / 7	т	NT.
27	IO1389	67	Male	13/05/2	Ear	Normal 30-	12ng/mL	Dr. Berg	15/07/	24ng/ mL	Improve	None
	7			5	infection,	100	Deficient	IU5000(25	Insuffi	ment in	
					Blood sugar,	Deficien t:		Daily 1,		cient	blood sugar,	
					high	Below 20		after			no more	
					cholestrol	Insuffici ent:		breakfast			inear	
						Below 30)+			infection,i	
								Nutrilite			mprovem	
								Calmag			ent in	
								Dplus K2(cholestrol	
											cholestroi	
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne d				
			<u> </u>				<u> </u>	issues.				
28	IO1300	30	Male	02/03/2	Eye injury,	Normal 30-	15ng/mL	Dr. Berg	08/06/		Eye issue	None
	9			5	high	100	Deficient	IU5000(25		was	
					cholesterol	Deficien t:		Daily 1,			resolved,	
					, high BP	Below 20		after			control in	
						Insuffici ent:		breakfast			BP and	
						Below 30)+			blood sugar	
								Nutrilite				
								Calmag				
								Dplus K2(
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
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	i l							Homeopa	l			

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								thyfor				
								concerne d				
								issues.				
29	IO1323	36	Male	19/05/2	Eczema,	Normal 30-	18ng/mL	Dr. Berg	11/07/	26ng/ mL	Improved	None
	1			5	blood sugar,	100	Deficient	IU5000(25	insuffi	blood sugar,	
					cholestrol,	Deficien t:		Daily 1,		cient	fatty liver	
					Garde 1 fatty	Below 20		after			and eczema	
					liver	Insuffici ent:		breakfast				
						Below 30)+				
								Nutrilite				
								Calmag				
								Dplus K2(
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
30	IO1376	31	Femal e	01/05/2	Mood	Normal 30-	19ng/mL	Dr. Berg	04/07/		Mood	None
	9			5	swing,	100	Deficient	IU5000(25		swing was	
					depression	Deficien t:		Daily 1,			controlled	
					, blood	Below 20		after			,	
					sugar, period	Insuffici ent:		breakfast			Improve	
					issue	Below 30)+			ment in	
								Nutrilite			blood sugar	
								Calmag			and period	
								Dplus K2(issue.	
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
31	IO1311	60	Femal e	01/05/2	High	Normal 30-	23ng/mL	Dr.	07/07/		Blood	None
	2			5	blood sugar,	100	Insufficie nt	Berg	25		sugar was	
					,			IU5000			controlled	
	1							1	1			

					fibro	Deficien t:		(Daily		1	,	
					adenoma,	Below 20		1			improve	
					Gade 1	Insuffici ent:		, after			ment in	
					fatty liver	Below 30		breakfast			fatty liver	
					,) +			and size of	
								Nutrilite			fibro	
								Calmag D			adenoma	
								plus K2			also	
								(Daily1,			decreased	
								after			decreased	
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne d				
								issues.				
32	IO1325	47	Male	01/05/2	Wart issue,	Normal 30-	25ng/mL	Dr. Berg	08/07/		Blood sugar	None
	6			5	blood sugar,	100	Insufficie nt	IU5000	25		was	
					high	Deficien t:		(Daily 1,			improved	
					cholesterol	Below 20		after				
					011010510101	Insuffici ent:		breakfast			improve	
						Below 30)+			ment in	
						Below 30		Nutrilite			wart and	
								Cal mag D			cholestero l	
								plus K2			level	
								_			ievei	
								(Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos 6x				
								+Additio				
								nal				
								Homeopa				
								thy for				
								concerne				
								d issues.				
33	IO1378	55	Male	07/07/2	Nerve pain,	Normal 30-	15ng/mL	Dr. Berg	02/09/		Improve	None
	0			5	blood sugar,	100	Deficient	IU5000	25		ment in	
					high	Deficien t:		(Daily			nerve pain,	
					cholesterol	Below 20		1			blood sugar	
						Insuffici ent:		, after			was in good	
						Below		breakfast			control	
)+				
								Nutrilite				
								Calmag				
								D plus K2				
								D plus K2	l			

30	34 101300 58 Pemal e 07/07/2 Normal 30 Hongrin Deficient Below Deficient Below Below 20 Deficient Below 20 Deficient Below Below 20 Deficient		Clinical Cas	•								 s w Sabita Siriria,	
34 KO13/00 S8 Female Control Female C	34 101300 58 Pemal e 07/07/2 Normal 30 Hongrin Deficient Below Deficient Below Below 20 Deficient Below 20 Deficient Below Below 20 Deficient							30		(Daily1,			
34 101300 58 Female 07/07/2 Knee pain, 100 16 100 10	34 101300 58 Femal e 07/47/2 Knee pain, blood sugar, high cholesterol Pelow 20 Pelo												
24 101300 58 Female 07/07/2 Kace pain, Normal 30- 16ng/ml, Deficient 100 Deficient 100 Deficient Below 20 Insufficient Below 30 SE Female 03/102 Blood sugar, 100 Deficient 100 Deficient Below 30 SE Phos SEL Magnesia Phoso Sex-Nevda Joint SIBL Magnesia Phoso Sex-Nevda Joint	SBL Magnesia Phonofic Addition Add												
Magnesia Phosfor Honoropa	Magnesia Phosos												
Section Sect	Nome												
34 IO1300 58 Female 07/07/2 Knee pain, blood sugar, cholesterol 3 IO1345 65 Female 03/10/2 4 cholesterol .body pain .b	34 101300 58 Female 07/07/2 Knee pain. Normal 30- 16mg/ml Dr. Berg 02/09/ Daily 1, after breakfast pain lessened Normal 30- 16mg/ml Daily 1, after breakfast pain lessened Normal 30- 16mg/ml Daily 1, after breakfast pain lessened Normal 30- 16mg/ml Daily 1, after breakfast pain lessened Normal 30- 16mg/ml Daily 1, after breakfast pain lessened Normal 30- 16mg/ml Daily 1, after breakfast pain lessened Normal 30- 16mg/ml Normal 30-												
34 101300 58 Female 07/07/2 Knee pain, blood sugar, high cholesterol 100 Deficient 150000 25 101345 65 Female 03/10/2 Blood sugar, hordy pain 3 101345 3 101345 65 Female 03/10/2 Blood sugar, hordy pain 100 Deficient 100 Deficient 100 Deficient 100 Deficient 100 10	Normal N												
34 IO1300 58 Femal c 07/07/2 Knee pain, blood sugar, cholesterol 10 Deficient Below 20 Deficient Below 30 16 mg/ml Deficient Below 20 Deficient Below 30 Deficient Deficient Below 30 Deficient Deficient Below 30 Deficient	Section Sect									+Additio			
34 IO1300 58 Femal c 07/07/2 Knee pain, blood sugar, cholesterol 10 Deficient Below 20 Deficient Below 30 16 mg/ml Deficient Below 20 Deficient Below 30 Deficient Deficient Below 30 Deficient Deficient Below 30 Deficient	Section Sect									nal			
34 101300 58 Femal e 07/07/2 Knee pain, high cholesterol 100 Deficient 100 Deficient 100 Daily 1. 1. 100 Daily 1. 1. 100 Daily 1. 1. 100 Daily 1. 1. 100 Deficient 1. 1. 1. 1. 1. 1. 1. 1	34												
Section Sect	34 101300 58 Female 07/07/2 Knee pain, blord sugar, tholesterol Below 20 Below 20 Below 30 1 1 1 1 1 1 1 1 1												
34	34 101300 58 Femal e 07/07/2 5 Knee pain, blood sugar, high cholesterol Blow 30 100 beficien t: Below 30 100 beficien t: 100 bef												
34 101300 58 Female 07/07/2 5	34 101300 58 Female 07/07/2 5 Normal 30- 16ng/mL Deficient 100 Daily 1, after Daily												
9	9												
Second Content Seco	Bigh	34	IO1300	58	Femal e	07/07/2	Knee pain,	Normal 30-	16ng/mL	Dr. Berg	02/09/	Improve	None
Second Content Seco	Bigh		9			5	blood sugar,	100	Deficient	IU5000(25	ment in	
Selow 20	Selow 20 Insufficient: Below 30 Insufficient: Below 30 Insufficient: Below 30 Below												
Insufficient: Below 30 Noutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos 6x+Nveda joint support(daily 1 1 after food) +Addition nal Homeopa thyfor concerned dissues. SB IO1345 65 Female 03/10/2 Blood sugar, Vormal 30- 19ng/mL Dr. Berg UTI, high cholesterol body pain Deficient Below 20 1 cleared UTI, no body pain at level, cleared UTI, no body pain at all level, clamag Dplus level, cleared UTI, no body pain at lenchy+ level, cleared UTI, no level, cleared UT	Selow 30 Insufficient: Below 30 Hoursitie Calmag Dplus K2 (Daily1, after lunch)+ SBI. Magnesia Phos Gx+Nveda joint support (daily 1 after food) +Additio nal Homeopa thyfor concerne d issues. The food Homeopa H												
Below 30	Below 30 Hourstille Ressence Ressenc						CHOICSICIOI						
Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos 6x+Nvcda joint support daily	Nutrilite Calmag Dplus K2(Daily 1, after lunch)+ SBL Magnesia Phos Key Key Calmag Dplus Dpl												
Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos 6x+Nveda joint support daily 1 after dunch)+ Additio nul Homeopa thyfor concerne d issues. Signature Concerne Concern	Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos Sox+Nveda joint support(daily 1 1 1 1 1 1 1 1 1							Below 30				lessened	
Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos 6x+Nveda joint support daily 1 after food) +Addition nal Homeopa thyfor concerne d issues. The provided 1 1 thought 1 1 though 1 th	Dplus K2(Daily1 after lunch)+ SBL Magnesia Phos Sch-Nvedta joint support(daily 1 after daily 1 after daily 1 after daily									Nutrilite			
Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos 6x+Nveda joint support daily 1 after food) +Addition nal Homeopa thyfor concerne d issues. The provided 1 1 thought 1 1 though 1 th	Dplus K2(Daily1 after lunch)+ SBL Magnesia Phos Sch-Nvedta joint support(daily 1 after daily 1 after daily 1 after daily									Calmag			
Daily 1, after lunch)+ SBL Magnesia Phos 65x+Nveda joint support(daily 1 after food) +Additio nal Homeopa thyfor concerne d issues. Deficient Selow Deficient Below Deficient Below Deficient Below Deficient Below Deficient After DuTI, no body pain at homeopa however After DuTI, no body pain at homeopa hom	35 101345 65 Female 03/10/2 Blood sugar, 1 1 4 1 1 1 1 1 1 1												
35 101345 65 Femal e 03/10/2 Blood sugar, Normal 30 19ng/mL Deficient 1 1 1 1 1 1 1 1 1	35 101345 65 Femal e 03/10/2 Blood sugar, Normal 30- 19mg/ml. 1 100 1 100 1 1									_			
SBL Magnesia Phos 6x+Nveda joint support(daily 1 , after food) +Additio nal Homeopa thyfor concerne dissues	SBL Magnesia Phos Female 03/10/2 Blood sugar Normal 30- 19ng/mL Deficient Deficient Below Selow Deficient Below Selow Deficient Below Selow Deficient Deficient Deficient Deficient Calmag Dplus Deficient Deficient Calmag Dplus Deficient Deficient Calmag Dplus Deficient Deficient Deficient Deficient Deficient Calmag Dplus Deficient												
35 101345 65 Femal e 03/10/2 4 UTI, high cholesterol body pain Below 20 Insufficient: Below Below 20 Insufficient: Below Below Below Deficient Below Bel	SBL Magnesia Phos 6x + Nveda joint support daily 1 1 after food) + Additio nal Homeopa thyfor concerne d issues. Dr. Berg 02:01/ Improved blood sugar loo Deficient Selow 20 1 loo Deficient Selow 20 lossufficient: Below Selow 20 lossufficient: Below Selow 20 lossufficient: Below Selow 20 lossufficient: Below Selow 20 lossufficient: Selow 2												
Magnesia Phos 6x+Nveda joint support(daily 1 , after food) +Additio nal Homeopa thyfor concerne dissues.	Magnesia Phos Sx-Nvcda joint support daily 1												
Second Phose Second Phose Second Sec	Selow 20									SBL			
Second Phose Second Phose Second Sec	Selow 20									Magnesia			
35 IO1345 65 Female 03/10/2 Blood sugar, Normal 30- 19ng/mL Deficient Selow 20 1 cleared UTI, no body pain at all	35 101345 65 Femal e 03/10/2 4 UTI, high cholesterol body pain Below 20 Insuffici ent: Below Below 20 Insuffici ent: Below Below 20 Dplus SBL Magnesia Phos6x Magnesia Phos6x												
35 IO1345 65 Femal e 03/10/2 Blood sugar, UTI, high cholesterol , body pain Below Below 20 Insuffici ent: Below Below 20 Insuffici ent: Below Below 20 Deficient Calmag Dplus Below Deficient Calmag Dplus Deficient Deficient Calmag Dplus Deficient Deficient Calmag Dplus Deficient Deficient Calmag Dplus Deficient Defici	35 IO1345 65 Femal e 03/10/2 Blood sugar, Normal 30- 19ng/mL Deficient Deficient Below 20 Insuffici ent: Below 20 Insuffici ent: Below 20 Defice Defice Defice Defice Defice Defice Defice Defice Defice Deficient Deficie												
Support daily	Support(daily 1												
35 IO1345 65 Female 03/10/2 Blood sugar, Normal 30- 100 Deficient IU5/000 25 Deficient: Below Deficient: Deficien	35 101345 65 Female 03/10/2 Blood sugar, Normal 30- 19ng/mL Deficient 1 100 Deficient Below 20 Insufficient: Below 20 Deficient Below 20 Deficient D												
1	1												
35 IO1345 65 Femal e 03/10/2 Blood sugar, Normal 30- 19ng/mL Dr. Berg 02/01/ Improved None blood sugar level, cleared UTI, no brody pain Below 20 I safter UTI, no brody pain Below 20 I safter UTI, no brody pain all Selow 20 Deficient: Below 20 Below 20 I safter UTI, no brody pain at head of the saft Deficient: Calmag Deficient Deficient Calmag Deficient Deficient Calmag Deficient	35 101345 65 Female 03/10/2 Blood sugar, Normal 30- 19ng/mL 105000 25 25 101345 100 25 1000 10									daily			
Additio Addi	Additio Addi									1			
Additio Addi	Additio Addi									. after food)			
Second Processing Content of the C	Solution												
Homeopa thyfor concerne d issues. 35 IO1345 65 Femal e O3/10/2 Blood sugar, Vormal 30- UTI, high cholesterol body pain Deficien t: Below Deficient: Below Deficient: Below Solution Deficient Deficient: Below Deficient: Below Deficient: Below Solution Deficient Deficient: Below Deficient: Deficient: Below Deficient: Defici	Normal 30												
35 IO1345 65 Femal e O3/10/2 Blood sugar, Vormal 30- 19ng/mL Dr. Berg O2/01/ Improved None blood sugar level, cleared UTI, no body pain Below Below Deficient: Below Below Deficient: Below Below Deficient: Calmag Dplus Dplus Dplus Dplus Dplus Deficient	Second S												
Solution	35 IO1345 65 Femal e O3/10/2 Blood sugar, UTI, high 100 Deficient t: Below												
Solution	Second S									thyfor			
Solution	Societion Soci									concerne			
Solution	Societion Soci												
3	3 4 UTI, high cholesterol pody pain Peficient Below 20 Insuffici ent: Below 20 Insuffici ent: Below Deficient Below Deficient Below Deficient Below Deficient IU5000 25 blood sugar level, cleared UTI, no breakfast phenomena all breakfast phenomena	35	IO1345	65	Femal e	03/10/2	Blood sugar	Normal 30-	19no/mI		02/01/	Improved	None
cholesterol , body pain Below 20	cholesterol , body pain Below 20 Insuffici ent: Below Be			55	2 311141 0								1,0110
, body pain Below 20 Insuffici ent: , after breakfast)+ Nutrilite Calmag Dplus State Stat	, body pain Below 20 Insuffici ent: Below	1	3			+			Deficient		2.5		
Insuffici ent: Below Body pain at all all all all all all all all all	Insuffici ent: Below Insuffici ent: Below Delus Solution Jense de la companyation de	1											
Below breakfast body pain at all	Below breakfast)+ Nutrilite Calmag Dplus 30 K2(Daily1, after lunch)+ SBL Magnesia Phos6x						, body pain						
)+ Nutrilite Calmag Dplus 30 K2(Daily1, after lunch)+)+ Nutrilite Calmag Dplus 30 K2(Daily1, after lunch)+ SBL Magnesia Phos6x												
)+ Nutrilite Calmag Dplus 30 K2(Daily1, after lunch)+)+ Nutrilite Calmag Dplus 30 K2(Daily1, after lunch)+ SBL Magnesia Phos6x							Below		breakfast		body pain at	
Nutrilite Calmag Dplus	Nutrilite Calmag Dplus 30 K2(Daily1, after lunch)+ SBL Magnesia Phos6x	1											
Calmag Dplus 30 K2(Daily1, after lunch)+	Calmag Dplus 30 K2(Daily1, after lunch)+ SBL Magnesia Phos6x												
Dplus	Dplus												
30 K2(Daily1, after lunch)+	30 K2(Daily1, after lunch)+ SBL Magnesia Phos6x												
Daily1, after lunch)+	Daily1, after lunch)+ SBL Magnesia Phos6x												
after lunch)+	after lunch)+ SBL Magnesia Phos6x							30					
lunch)+	lunch)+ SBL Magnesia Phos6x	1											
lunch)+	lunch)+ SBL Magnesia Phos6x												
	SBL Magnesia Phos6x												
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	Phos6x												
		1											
		1								+Additio			

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								nal Homeopa thyfor concerne d issues.				
	IO1390 8	75	Femal e	01/10/2	Knee pain, sciatica, blood sugar	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	12ng/mL Deficient	Dr. Berg IU5000(Daily 1 , after breakfast)+ Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos 6x+Nveda joint support(daily 1, after food) +Additio nal Homeopa thy f or concerne d issues.	06/01/25	30ng/ mL Norma 1	Improved knee pain, sciatica pain, blood sugar	None
3/	IO1385 6	68	Femal e	01/10/2	Left side shoulder pain, UTI, mouth ulcer	Normal 30- 100 Deficien t: Below 20 Insuffici ent:	18ng/mL Deficient	Dr. Berg IU5000(Daily 1, after breakfast)+ Nutrilite Calmag Dplus K2(Daily 1, after lunch)+ SBL Magnesia Phos 6x+B12 (daily 1, before	01/01/24		Shoulder pain reduced, UTI resolved, Mouth ulcer was better	None
								bed) +Additio				

	Cillical Cas									 s & Sabila Siriria,	
								nal Homeopa thyfor concerne d issues.			
38	IO1324 6	22	Femal e	05/10/2 4	Stye, UTI, cholesterol	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	16ng/mL Deficient	Dr. Berg IU5000 (Daily1, after breakfast)+ Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	04/01/25	Stye was gone, no more UTI, cholestero l was improved	None
39	IO1397 8	29	Male	04/11/2	Fatty liver, allergy	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below	18ng/mL Deficient	Dr. Berg IU5000 (Daily 1 , after breakfast)+ Nutrilite Calmag Dplus	09/01/ 25	Allergy level dropped, fatty liver was improved	None
						30		K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.			

	Clinical Cas	•									s w Sabita Siriria,	
40	IO1326	82	Femal e	08/11/2	Urine	Normal 30-	19ng/mL	Dr. Berg	04/01/	30ng/ mL	Improve	None
	7			4	incontinen	100	Deficient	IU5000	25	Norma l	ment in	
					ce, uric	Deficien t:		(Daily 1,			urine	
					acid, leg	Below 20		after			incontine	
					muscle pain	Insuffici ent:		breakfast			nce, leg	
						Below 30)+			muscle pain	
								Nutrilite				
								Calmag				
								Dplus K2(
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
41	IO1386	8	Male	02/12/2	Bed wetting,	Normal 30-	16ng/mL	Allen	02/02/		After taking	None
71	7		wiate	4	high allergy	100	Deficient	Vitamin D	25		medicine,	THORIE
	,			4	level	Deficien t:	Deficient	IU600(2.5		· ·	
					levei	Below 20					just 2 days he did bed	
						Insuffici ent:		Daily 2, after				
											wetting and	
						Below 30		breakfast			after then no	
								and after			more,	
								lunch)+			allergy level	
								Nutrilite			also	
								Calmag			improved	
								Dplus K2(
								Daily1,				
								after				
								lunch)+				
								Allen B12				
								½, daily				
								halftab				
								before bed				
								+SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
42	IO1312	45	Femal e	03/12/2	Weight gain	Normal 30-	19ng/mL	Dr. Berg	03/02/	30ng/mL	TSH was in	None
	3			4	and	100	Deficient	IU5000(25	Norma l	control,	
					allergy, high	Deficien t:		Daily 1,			allergy level	
					TSH	Below 20		after			dropped and	
						Insuffici ent:		breakfast			weigh also	
						Below 30)+			in control	
								Nutrilite				
								Calmag				
								Dplus K2(
					l	i		· - ` · ·				

	Olli licai Gas	•									s e oabita oirira,	
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
44	IO1336	24	Male	07/12/2	Overweigh t,	Normal 30-	18ng/mL	Dr. Berg	08/02/	34ng/ mL	TSH was	None
	8			4	hair loss,	100	Deficient	IU5000(25	Norma l	controlled	
					high TSH	Deficien t:		Daily 1,			, hair fall	
					C	Below 20		after			reduced	
						Insuffici ent:		breakfast			100000	
						Below 30)+				
						Below 30		Nutrilite				
								Calmag				
								Dplus K2(
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
15	IO1386	60	Eomal -	07/12/2	High TOIT	Normal 30-	10n ~/m²		09/03/		TSH level	None
45		00	Femal e		High TSH,		19ng/mL	Dr. Berg				none
	9			4	uric acid,	100	Deficient	IU5000(25		reduced,	
					body pain,	Deficien t:		Daily 1,			lessened	
					blood sugar	Below 20		after			body pain,	
						Insuffici ent:		breakfast			improve	
						Below 30)+			ment in	
								Nutrilite			blood sugar	
								Calmag			٥	
								Dplus K2(
								Daily1,				
								after				
	<u> </u>							anter				

	Clinical Cas	oc reports	una review.								s w Sabita Siriria,	
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne d				
								issues.				
46	IO1386	46	Femal e	08/12/2	Kidney	Normal 30-	18ng/mL	Dr. Berg	07/02/	26ng/ mL	Blood sugar	None
	9			4	issue,	100	Deficient	IU5000(24	Insuffi	level	
	-				allergy,	Deficien t:		Daily 1,		cient	improved	
					blood sugar	Below 20		after		010110	improved	
					01000 0000	Insuffici ent:		breakfast			improve	
						Below 30)+			ment in	
						Delow 30		Nutrilite			kidney	
								Calmag			issue,	
								Dplus K2(allergy level	
								Daily1,			dropped	
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
47	IO1326	60	Male	06/12/2	Eczema,	Normal 30-	19ng/mL	Dr. Berg	06/03/		Improve	None
	4			4	blood sugar,	100	Deficient	IU5000(25		ment in	
					liver issue	Deficien t:		Daily 1,			blood sugar,	
						Below 20		after			eczema and	
						Insuffici ent:		breakfast			liver issue	
						Below 30)+				
								Nutrilite				
								Calmag				
								Dplus K2(
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thy for				
								concerne				
40	101207	4.4	E 1	07/12/2	N. 1.1. 1	NT 1	17 / 1	d issues.	07/02/		T 1). T
48	IO1396	44	Femal	07/12/2	Multiple	Normal	17ng/mL	Dr. Berg	07/03/		Improved	None
	7		e	4	fibroids,	20.100	Deficient	HIECOC.	25	3.T	liver and	
					liver and	30-100		IU5000(Norma l	cholestero l	
					cholesterol	Deficien t:		Daily 1,			issue,	
		ī	i		issue	Below 20		after	i l		reduced	

6 4 Dizziness, high cholesterol high cholesterol UTI Deficient Deficient Deficient Deficient Deficient Daily 1 After breakfast Daily 1 After breakfast			and review				,, ,	.s & Oabita Oirira,	
Part)+ Nutrilite Calmag		fibroid size	
Magnesia Phrofox Additio nal Homeopa thyfor the concerned issues the concerned the						Daily1, after lunch)+			
49 101375 35 Male 07/12/2 High BP, Dizziness, 100 Deficient 105000/, 25 BP, UTI resolved, 1015000/, 25 BP, UTI resolved, 201500/, 2015000/, 2015000/, 2015000/, 2015000/, 2015000/, 2015000/, 2015000/, 2015000/, 2015000/, 2015000/, 2015000/, 2015000/, 20150000/, 20150000/, 201500000/, 201500000000000000000000000000000000000						Magnesia Phos6x +Additio			
49 101375 35 Male 07/12/2 High BP, Dizziness, high Cholesterol , UTI Below 20 Deficient to the land of the						Homeopa thyfor concerne d			
So IO1389 33 Femal e O4/12/2 Allergy, blood sugar, Skin issue Below 20 Isng/mL Deficient IU5000(25 Daily 1 , after breakfast)+ issue was improved , skin Sue was improved Daily 1, after lunch)+ SBL Magnesia Phos6x	49	35	Male	Dizziness, high cholesterol	100 Deficien t: Below 20 Insuffici ent:	Dr. Berg IU5000(Daily 1 , after breakfast)+ Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor		BP, UTI resolved, improve ment in	None
Insuffici ent: Below 30 Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio	50	33	Femal e	blood sugar,	100 Deficien t:	Dr. Berg IU5000(Daily 1 , after breakfast		level dropped, blood sugar was improved	None
Homeopa						Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal		issue was	

S		Clinical Cas	se Reports	and Keview	5.						Сору пунк	s @ Sabita Sinha,	
101306									-				
Signature Sign									concerne d				
Secondary Seco									issues.				
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1	51	IO1396	23	Femal e	02/12/2	Kidney	Normal 30-	19ng/mI	Dr Berg	04/03/	32ng/ mI	Blood sugar	None
S2 IO1357 34 Female 202122 Fye infection, blood sugar, high allergy 9 100 Insuffici ent Below 30 100			23	T CITICIT C		-							Tione
Sale		,			7			Deficient		23	1 (Office 1		
Second S													
Selow 30						issue							
Signature Sign													
S2 IO1357 9							Below 30						
Sample													
Signature Sign													
Second S									_			improved	
Sumptime Summit Sumptime Summit													
SE									after				
SE									lunch)+				
S2 IO1357 34 Femal e O2/12/2 Eye Normal 30- Iong/mL Officient to Below 30 Sugar, high allergy Insuffici ent: Below 30 Sugar, high allergy Iong/mL Officient to Below 30													
S2 D01357 34 Femal e O2/12/2 Eye infection, blood sugar, high allergy Below 30 Pension									Magnesia				
Solution Part Par													
S2 IO1357 34 Female O2/12/2 Eye infection, blood sugar, high altergy Ionum Ion													
S2 IO1357 34 Female O2/12/2 Eye Infection, blood sugar, high allergy Below 20 Insuffice ent: Below 30 S3 IO1365 8 Waller													
S2 IO1357 9													
S2 101357 34 Femal e 02/12/2 Eye infection, blood sugar, high allergy Selow 20 Insuffici ent: Below 30 Selow 20 Se									_				
S2 IO1357 9													
S2 IO1357 9													
9		101055	2.4	Б. 1	02/12/2	-	37 120	10 / 7		02/02/		D1 1	
blood sugar, high allergy Below 20 Insufficient: Below 30 Insufficient: Below	52		34	Femal e								_	None
Below 20 Insuffici ent: Below 30 Authoritie to the seafast Below 30 Below 20 Insuffici ent: Below 30 B		9			4			Deficient		25			
Insufficient: Below 30 Insuff												_	
Below 30 30 30 30 30 30 30 30						high allergy						-	
Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues. Sample Male													
Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues. 53 IO1365 8 8 8 9 101365 10							Below 30					_	
Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues. 53 IO1365 8 40 Male 02/12/2 Aight Holling Cholesterol Holling Cholesterol Holling Cholesterol Holling Hol													
Daily1, Amount									-				
state lunch)+ SBL Magnesia Phos6x Additio nal Homeopa thyfor concerne d issues. 53 IO1365 8 40 Male 02/12/2 Addition 100 Deficient Below 20 Insuffici ent: Below 30 Below 30 Homeopa thyfor 25 Norma 1 thyfor									_			dropped	
SBL Magnesia Phos6x Additio nal Homeopa thyfor concerne d issues. SBL Magnesia Phos6x Additio nal Homeopa thyfor concerne d issues. SBL Magnesia Phos6x Additio nal Homeopa thyfor concerne d issues. SBL Magnesia Phos6x Additio nal Homeopa thyfor concerne d issues. SBL Magnesia Phos6x Additio nal Homeopa thyfor concerne d issues. SBL Magnesia Phos6x Additio nal Homeopa thyfor concerne d issues. SBL Magnesia Phos6x Additio nal Homeopa thyfor concerne d issues. SBL Magnesia Phos6x Additio nal Homeopa thyfor concerne d issues. SBL Magnesia Phos6x Additio nal Homeopa thyfor concerne d issues. SBL Magnesia Phos6x Additio nal Homeopa thyfor concerne d issues. SBL Magnesia Phos6x Additio nal Homeopa thyfor concerne d issues. SBL Magnesia Phos6x Additio nal Homeopa thyfor Concerne d issues. SBL Magnesia Phos6x Additio Nal Homeopa thyfor Concerne d issues. SBL Magnesia Phos6x Additio Nal Homeopa thyfor Concerne d issues. SBL Magnesia Phos6x Additio Nal Homeopa Thyfor	L			<u></u>					Daily1,				
SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues. 53 IO1365									after				
SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues. 53 IO1365									lunch)+				
Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues. 53 IO1365 8													
Phos6x +Additio nal Homeopa thyfor concerne d issues. 53 IO1365 8 40 Male 02/12/2 A high cholesterol Cholesterol Insuffici ent: Below 30 Phos6x +Additio nal Homeopa thyfor concerne d issues. Deficient IU5000(Deficient Daily 1, after breakfast													
+Additio nal Homeopa thyfor concerne d issues. 53 IO1365													
Sample S													
Homeopa thyfor concerne d issues. Solid black Solid b													
thyfor concerne d issues. 53 IO1365													
Solution													
Solution													
53 IO1365 8													
8 4 high cholesterol Deficient : Below 20 Insuffici ent: Below 30 100 Deficient : IU5000(Daily 1 , after breakfast Below 30 100 Deficient : IU5000(Daily 1 , after breakfast breakfast improved improved 100 Deficient : IU5000(Daily 1 , after breakfast breakfast improved 100 Deficient : IU5000(Daily 1 , after breakfast breakfast improved 100 Deficient : IU5000(Daily 1 , after breakfast breakfast improved 100 Deficient : IU5000(Daily 1 , after breakfast breakfast improved 100 Deficient : IU5000(Daily 1 , after breakfast breakfast breakfast breakfast improved 100 Deficient : IU5000(Daily 1 , after breakfast	52	IO1265	40	Mala	02/12/2	Placed arress	Normal 20	10na/m1		02/02/	22ng/mI	Blood arrass	None
cholesterol Deficien t: Below 20 Insuffici ent: Below 30 Daily 1, after cholesterol preakfast breakfast breakfast breakfast breakfast improved) 33		40	wiale									none
Below 20 Insuffici ent: breakfast br		0			4			Dencient		25	norma I	mproved	
Insuffici ent: Below 30 breakfast level also improved						cnoiesterol						,	
Below 30)+ improved													
Nutrilite							Below 30					improved	
									Nutrilite				

	Clinical Cas	se Reports	and Review	S.						Copy right	s @ Sabita Sinha,	
5.6	IO1369 0	27	Femal e	02/12/2	Infertility, fibroid, blood sugar	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	10ng/mL Deficient	Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues. Dr. Berg IU5000(Daily 1, after breakfast)+ Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa	02/03/25	Copy right	Blood sugar improved , fibroid size reduced, she could conceive	None
	101225	20	Errel	01/02/2	II-4 Slaak	N	120.5/11	thy for concerne d issues.	02/07/	20	II-4 flash	Nama
5555	5 IO1335 6	29	Femal e	01/03/2 5	Hot flash, mood swing, depression	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	12ng/mL Deficient	Dr. Berg IU5000(Daily 1 , after breakfast)+ Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	02/06/ 25	38ng/ mL Norma l	Hot flash improved , mood swing and depressio n gone	None

	Clinical Cas										s w Sabita Siriria,	
56	IO1399	43	Male	27/01/2	Allergy,	Normal 30-	16ng/mL		27/01/		Allergy	None
	7			5	blood sugar,	100	Deficient		25		level	
					cholestrol	Deficien t:					improved	
						Below 20					, blood	
						Insuffici ent:					sugar	
						Below 30					controlled	
											,	
											cholestero l	
											level also	
											improved	
57	IO1325	27	Male	21/11/2	Body pain,	Normal 30-	12ng/mL	Dr. Berg	27/01/	36ng/ mL	Blood sugar	None
	4			4	skin	100	Deficient	IU5000(25	Norma l	improved	
					infection,	Deficien t:		Daily 1,			, body pain	
					blood sugar	Below 20		after			gone and	
					2.2.2.2.2.8	Insuffici ent:		breakfast			skin issue	
						Below 30)+			also	
						Delow 30		Nutrilite			resolved	
								Calmag			resorved	
								Dplus K2(
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
58	IO1386	30	Male	27/01/2	Skin issue,	Normal 30-	11ng/mL	Dr. Berg	20/04/	35ng/mL	Blood sugar	None
	9			5	fatigue,	100	Deficient	IU5000(25	Norma l	was	
					blood sugar	Deficien t:		Daily 1,			controlled	
						Below 20		after			, fatigue	
						Insuffici ent:		breakfast			was gone,	
						Below 30)+			skin issue	
								Nutrilite			resolved	
								Calmag				
								Dplus K2(
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne d				
								issues.				
50	IO1344	28	Femal e	23/01/2	Ovarian	Normal 30-	11ng/mL	Dr. Berg	24/04/		Improve	None
	5	20	i Ciliai C	5	cyst, low	100	Deficient	IU5000(25		ment in	TOHC
				5	energy,fati	Deficien	Deficient	Daily 1,	23			
						Deficiell		Daily 1,			energy	
1	1				gue				1		level,	

	Olli licai Gas									- 17 3	3 © Odbila Oli IIIa,	
						t: Below 20		after			ovarian cyst	
						Insuffici ent:		breakfast			size also	
						Below 30)+			improved	
								Nutrilite				
								Calmag				
								Dplus K2(
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne d				
								issues.				
60	IO1346	62	Male	27/01/2	Ear	Normal 30-	18ng/mL	Dr. Berg	22/03/	31ng/ mL	Dental issue	None
00		02	water							_		140110
	5			5	infection,	100	Deficient	IU5000(25	Norma l	resolved;	
					dental issue	Deficien t:		Daily 1,			ear infection	
						Below 20		after			also gone	
						Insuffici ent:		breakfast			50110	
						Below 30)+				
								Nutrilite				
								Calmag				
								Dplus K2 (
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								_				
								thyfor				
								concerne				
								d issues.				
61	IO1349	23	Femal e	23/01/2	Eye	Normal 30-	14ng/mL	Dr. Berg	20/04/		Blood sugar	None
01		23	i cilial e									TAOHE
	8			5	infection,	100	Deficient	IU5000(25		was	
					high allergy,	Deficien t:		Daily 1,			improved	
					blood sugar	Below 20		after			, allergy	
					olood bugui							
						Insuffici ent:		breakfast			level	
)+			dropped,	
								Nutrilite			eye	
								Calmag			infection	
								Cannag				
											was	
			_			Below 30		Dplus K2 (cleared	
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
1	I	1						concerne d				

	Clinical Cas	se rreports	and iteview	5.						Copy right	s @ Sabita Sinha,	
								issues.				
62	IO1349	16	Femal e	20/01/2	Hypothyro	Normal 30-	14ng/mL	Dr. Berg	12/04/	34ng/ mL	TSH level	None
	0			5	idism, vision	100	Deficient	IU5000(25	Norma l	improved	
					issue, kidney	Deficien t:		Daily 1,		- 10	F	
					issue	Below 20		after			Kidney	
					15546	Insuffici ent:		breakfast			issue also	
						Below 30)+			improved	
						DCIOW 50		Nutrilite			, vision also	
								Calmag			improved	
								Dplus K2 (
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thy for				
								concerne				
								d issues.				
63	IO1314	26	Femal e	20/01/2	Tonsillitis,	Normal 30-	17ng/mL	Dr. Berg	20/04/		TSH level	None
	3			5	hyper	100	Deficient	IU5000(25		was	
					thyrodism,	Deficien t:		Daily 1,			improved	
					skin issue	Below 20		after			•	
						Insuffici ent:		breakfast			tonsillitis	
						Below 30)+			was	
								Nutrilite			resolved	
								Calmag			and skin	
								Dplus K2 (issue also	
								Daily1,			fixed	
								after			inca	
								lunch) +				
								SBL				
								Magnesia				
								Phos 6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne d				
	101211	10	3.7.1	00/01/2	GI II	N. 100	10 / -	issues.	00/01/	22 / =	DI I	3.7
64	IO1316	42	Male	20/01/2	Shoulder	Normal 30-	18ng/mL	Dr. Berg	20/04/	32ng/ mL	Blood sugar	None
	4			5	pain, blood	100	Deficient	IU5000(25	Norma l	improved	
					sugar,	Deficien t:		Daily 1,			, kidney	
					kidney issue	Below 20		after			issue	
						Insuffici ent:		breakfast			improved	
						Below 30)+			, shoulder	
								Nutrilite			pain	
								Calmag	<u> </u>		resoved	<u></u>
							i		·			

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								Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.				
65	IO1379 8	43	Femal e	12/01/2 5	UTI, blood sugar, high allergy	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	14ng/mL Deficient	Dr. Berg IU5000(Daily 1 , after breakfast)+ Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal	22/04/ 25		Blood sugar improved , UTI also resolved, allergy level dropped	None
								Homeopa thyfor concerne d issues.				
	IO1346 7	23	Male	11/01/2 5	Ring worm, high allergy level	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	16ng/mL Deficient	Dr. Berg IU5000(Daily 1 , after breakfast)+ Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	27/04/ 25	37ng/ mL Norma l	Allergy level dropped, ring worm also resolved	None
67	IO1309 7	45	Male	11/01/2 5	Mouth ulcer, tooth pain,	Normal 30- 100	19ng/mL Deficient	Dr. Berg IU5000(10/04/ 25		Blood sugar was	None

	Omnour Out									- 177 3	3 @ Oabita Oiriria,	
					blood sugar	Deficien t:		Daily 1,			controlled	
						Below 20		afterbreakf			, mouth	
						Insuffici ent:		ast)+			ulcer was	
						Below 30		Nutrilite			resolved	
						Below 30		Calmag			and tooth	
								Dplus K2(pain also	
								Daily1,			gone	
								after lunch)				
								+ SBL				
								Magnesia				
								Phos 6x+				
								Allen B12(
								daily1,				
								before bed)				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne d				
	1012:-	2.5	6 -	44.000	ъ	37	16 / -	issues.	001011	20	B20=	7.
68	IO1365	25	femal e	11/01/2	Dust allergy,	Normal 30-	19ng/mL	Dr. Berg	03/04/	39ng/ mL	PCOD	None
	4			5	PCOD	100	Deficient	IU5000(25	Norma l	was	
						Deficien t:		Daily 1,			improved	
						Below 20		after			,	
						Insuffici ent:		breakfast			dus	
						Below 30)+			t	
						Below 50		Nutrilite			allergy	
								Calmag			resolved	
								Dplus K2 (
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
69	IO1349	24	Femal e	02/01/2	Kidney	Normal 30-	11ng/mL	Dr. Berg	03/04/		Blood sugar	None
	7			4	issue,	100	Deficient	IU5000(25		was	
	,				itching,	Deficien t:	2 chicioni	Daily 1,			controlled	
					blood sugar	Below 20		after			, kidney	
					bioou sugar							
						Insuffici ent:		breakfast			issue also	
						Below 30)+			improved	
								Nutrilite			and itching	
								Calmag			was gone	
								Dplus K2(
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
1								nal				

	Cillical Cas	o reporto	ana noviow	5.						- 117 3	s & Sabila Siriria,	
								Homeopa				
								thyfor				
								concerne d				
								issues.				
70	IO1334	50	Femal e	02/12/2	Ring worm,	Normal 30-	11ng/mL	Dr. Berg	02/03/	32ng/ mL	Allergy	None
	8			4	high allergy,	100	Deficient	IU5000(25	Norma l	level	- 10-10
				•	blood sugar	Deficien t:	Benefelit	Daily 1,	25	1 (01111411	dropped,	
					blood sugai	Below 20		after				
											ring worm	
						Insuffici ent:		breakfast			was light,	
						Below 30)+			blood sugar	
								Nutrilite			also	
								Calmag			controlled	
								Dplus K2 (
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne d				
								issues.				
71	IO1396	11	Male	02/12/2	Bed wetting,	Normal 30-	22ng/mL	Allen	01/03/		No more	None
	7			4	dyslexia,	100	Insufficie nt	vitamin D	25		bed wetting,	
						Deficien t:		IU600 (dyslexia	
						Below 20		Daily 2,			also	
						Insuffici ent:		after			improved	
						Below 30		breakfast			_	
								and				
								lunch)+				
								Nutrilite				
								Calmag				
								Dplus K2 (
								Daily1/2,				
								after lunch)				
								+Al len				
								b12 ½,				
								daily1				
								before				
								food+ SBL				
								Magnesia				
								Phos 6x				
								+Additio				
								nal				
								Homeopa				
								thy for				
								concerne				
1												
								d issues.				

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	IO1308 9	34	Femal e	03/12/2	Postpartu m depression , anx iety, tired, confused	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	22ng/mL Insufficie nt	Dr. Berg IU5000(Daily 1 , after breakfast)+ Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	06/03/25	33ng/ mL Norma 1	Situation improved , no more depressio n, anxiety and tiredness	None
	IO1324 3	63	Femal e	06/12/2	Asthma, kidney issue, blood sugar	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	23ng/mL Insufficie nt	Dr. Berg IU5000(Daily 1 , after breakfast)+ Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	09/03/ 25		Kidney issue improved , blood sugar was controlled , Asthma was in control	None
74	IO1374 5	33	Male	09/12/2	Allergy, blood sugar, high BP	Normal 30- 100 Deficien t:	13ng/mL Deficient	Dr. Berg IU5000(Daily 1 , after	09/12/ 24		Allergy level dropped, blood sugar was	None
						Below 20 Insuffici ent: Below 30		breakfast)+ Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia			improved , BP was controlled	

	Cillical Cas										is @ Sabita Siriria,	
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
75	IO1390	35	Male	09/12/2	Gallstone,	Normal 30-	13ng/mL	Dr. Berg	04/03/		Improved	None
	8			4	blood sugar.	100	Deficient	IU5000(25		gall stone	
					High allergy,	Deficien t:		Daily 1,			size, control	
					grade 1	Below 20		after			in blood	
					fatty liver	Insuffici ent:		breakfast			sugar,	
						Below 30)+			Allergy	
								Nutrilite			level	
								Calmag			dropped,	
								Dplus K2(fatty liver	
											· ·	
								Daily1,			was	
								after			improved	
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								-				
								concerne				
								d issues.				
76	IO1346	27	Male	04/12/2	Fistula, high	Normal 30-	23ng/mL	Dr. Berg	09/03/		Fistula was	None
	9			4	allergy level,	100	Insufficie nt	IU5000(25		improved	
					blood sugar	Deficien t:		Daily 1,			, allergy	
						Below 20		after			level	
						Insuffici ent:		breakfast			dropped,	
						Below)+			blood sugar	
								Nutrilite			was	
								Calmag			controlled	
								Dplus			zomionea	
						30		K2(
						30						
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
		1			ĺ			d issues.		1		

	Clinical Cas	ic reports (and review	J.						Copy right	s @ Sabita Sinha,	
77	IO1328 7	40	Femal e	09/12/2 4	Kidney stone, high BP, blood sugar	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	23ng/mL Insufficie nt	Dr. Berg IU5000(Daily 1 , after breakfast)+ Nutrilite Calmag Dplus K2(Daily 1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor	09/12/24	43ng/ mL Norma 1	BP was controlled , blood sugar level improved , kidney stone was reduced in size	None
78	IO1322 4	68	Male	09/12/2	Asthma, allergy, blood sugar	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	23ng/mL Insufficie nt	concerne d issues. Dr. Berg IU5000(Daily 1 , after breakfast)+ Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL	09/12/24		Blood sugar was improved , allergy level dropped, asthma was controlled	None
79	IO1368 0	46	Male	09/12/2	Frozen shoulder, blood sugar, cholestrol	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	20ng/mL Insufficie nt	Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues. Dr. Berg IU5000(Daily 1, after breakfast)+ Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia	02/03/25	43ng/ mL Norma 1	Blood sugar was controlled , frozen shoulder was resolved, cholestero l was controlled	None
								Phos6x				

	Clinical Cas	oc reports	and review	3.						оору пунк	s @ Sabita Sinha,	
								+Additio nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
	101260	40	- I	00/10/0	D:	N 120	20 / 1	D D	02/02/		D1 1	3.7
80	IO1368 7	40	Femal e	02/12/2	Ring worm, blood sugar,	Normal 30- 100	20ng/mL Insufficie nt	Dr. Berg IU5000(03/03/ 25		Blood sugar improved	None
	,			4	high allergy	Deficien t:	msurricle nt	Daily 1,	2.5		, ring worm	
					level	Below 20		after			also	
						Insuffici ent:		breakfast			controlled	
						Below 30)+			, allergy	
								Nutrilite			level	
								Calmag			dropped	
								Dplus K2 (
								Daily1, after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor concerne d				
								issues.				
81	IO1331	33	Femal e	06/12/2	Back pain,	Normal 30-	20ng/mL	Dr. Berg	02/12/	42ng/ mL	Sodium	None
	2			4	body pain,	100	Insufficie nt	IU5000(25	Norma l	level was	
					headache,	Deficien t:		Daily 1,			improved	
					itching, low	Below 20		after			, allergy	
					sodium, high allergy level	Insuffici ent: Below 30		breakfast)+			level dropped,	
					anergy level	Below 30		Nutrilite			headache	
								Calmag			and itcing	
								Dplus K2(was	
								Daily1,			improved	
								after				
								lunch)+				
								SBL Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
82	IO1346	58	Femal e	09/12/2	Back pain,	Normal 30-	22ng/mL	d issues. Dr. Berg	08/03/		TSH was	None
32	8	50	1 Ciliai e	4	joint pain,	100	Insufficie nt	IU5000(25		improved	TAOHE
				•	hypothyro	Deficien t:		Daily 1,			, back pain	
					dim, blood	Below 20		after			and joint	
					sugar	Insuffici ent:		breakfast			pain also	
						Below 30)+			reduced,	
								Nutrilite			blood sugar	
								Calmag			was also in	

	Oliffical Cas	oo reporto									s e oabita oirira,	
								Dplus K2(control	
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thy for				
								concerne				
								d issues.				
83	IO1308	70	Male	09/12/2	Bacterial	Normal	13ng/mL	Dr. Berg	01/03/		Blood sugar	None
	9			4	infection,		Deficient				was	
					blood sugar,	30-100		IU5000(25	Insuffi	in control,	
					high allergy	Deficien t:		Daily 1,		cient	allergy level	
					level	Below 20		after			dropped,	
					10,01	Insuffici ent:		breakfast)+			bacterial	
						Below 30		Nutrilite			infection	
						DCIOW 50						
								Cal mag			was	
								Dplus K2(resolved	
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne d				
	TO 1000			0.4/4.0/0		1.7		issues.	00/00/		·	
84	IO1388	52	Femal e	04/12/2	Kidney	Normal 30-	21ng/mL	Dr. Berg	09/03/		Blood sugar	None
	9			4	stone, blood	100	Insufficie nt	IU5000(25		was in	
					sugar, IBS	Deficien t:		Daily 1,			control,	
						Below 20		after			kidney	
						Insuffici ent:		breakfast			stone size	
						Below 30)+			reduced,	
								Nutrilite			IBS also	
								Calmag			improved	
								Dplus K2(1	
								Daily1,				
								after				
								lunch)+				
								SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
1		1						concerne				

	Clinical Cas	se Reports	and Reviews	S.						Copy right	s @ Sabita Sinha,	
85	IO1389 6	29	Femal e	09/12/2	Ovarian cyst, hypothyroi dism, high allergy level	Normal 30- 100 Deficien t: Below 20	23ng/mL Insufficie nt	Dr. Berg IU5000(Daily 1 , after breakfast)+	01/03/25		TSH level was controlled , allergy level dropped, cyst size	None
						Insuffici ent: Below 30		Nutrilite Calmag Dplus K2(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.			was reduced	
	IO1364 3	35	Male	01/12/2	Hematuria , high BP,liver issue, high cholesterol	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	23ng/mL Insufficie nt	Dr. Berg IU5000(Daily 1 , after breakfast)+ Nutrilite Calmag Dplus K2(Daily 1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	05/03/ 25	43ng/ mL Norma 1	BP was controlled , hematuri a was resolved, cholestero l was controlled	None
87	IO1390 8	33	Femal e	05/12/2 4	Ovarian cyst, hypothyroi dism, UTI	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	23ng/mL Insufficie nt	Dr. Berg IU5000(Daily 1, after breakfast)+ Nutrilite Calmag Dplus K2 (Daily1,	09/03/ 25		UTI was clear, ovarian cyst size was reduced, TSH was controlled	None

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								after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyforconc				
								erne d				
								issues.				
00	IO1323	74	Male	05/12/2	Gallstone,	Normal 30-	26ng/mL	Dr. Berg	01/03/	31ng/ mL	Gall stone	None
00		/4	Maie				-					None
	1			4	high	100	Insufficie nt	IU5000	25	Norma l	size was	
					cholesterol	Deficien t:		(Daily			reduced,	
					,	Below 20		1			controlled	
					hig	Insuffici ent:		, after			bilirubin,	
					h	Below 30		breakfast			reduced	
					bilirubin)+			cholestero l	
								Nutrilite				
								Calmag				
1								Dplus K2 (
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
89	IO1314	24	Femal e	01/12/2	Keloid,	Normal 30-	21ng/mL	Dr. Berg	09/03/		Blood sugar	None
	3			4	blood sugar,	100	Insufficie nt	IU5000(25		was	
					high allergy	Deficien t:		Daily 1,			improved	
					level	Below 20		after			, keloid size	
					icvei	Insuffici ent:						
								breakfast)			was	
						Below 30		+			reduced,	
1								Nutrilite			allergy level	
1								Calmag			dropped	
								Dplus K2 (
								Daily1,				
								after lunch)				
								+ SBL				
	1	1						Magnesia				
								1114511C01A	1			
												l
-								Phos6x				
								Phos6x +Additio				
								Phos6x +Additio nal				
								Phos6x +Additio nal Homeopa				
								Phos6x +Additio nal				
								Phos6x +Additio nal Homeopa				
								Phos6x +Additio nal Homeopa thyfor concerned				
90	IO1327	27	Femal e	01/12/2	Asthma	Normal 30-	24ng/mI	Phos6x +Additio nal Homeopa thyfor concerned issues.	02/03/	39ng/ mI	Asthma was	None
90	IO1327	27	Femal e		Asthma,	Normal 30-	24ng/mL Insufficie nt	Phos6x +Additio nal Homeopa thyfor concerned issues. Dr. Berg	02/03/	39ng/ mL	Asthma was	None
90	IO1327 8	27	Femal e	01/12/2	high allergy	100	24ng/mL Insufficie nt	Phos6x +Additio nal Homeopa thyfor concerned issues. Dr. Berg IU5000(02/03/ 25	39ng/ mL Norma l	controlled	None
90		27	Femal e		high allergy level, blood	100 Deficien t:		Phos6x +Additio nal Homeopa thyfor concerned issues. Dr. Berg IU5000(Daily 1,			controlled , allergy	None
90		27	Femal e		high allergy	100 Deficien t: Below 20		Phos6x +Additio nal Homeopa thyfor concerned issues. Dr. Berg IU5000(Daily 1, after			controlled , allergy level	None
90		27	Femal e		high allergy level, blood	100 Deficien t: Below 20 Insuffici ent:		Phos6x +Additio nal Homeopa thyfor concerned issues. Dr. Berg IU5000(Daily 1, after breakfast			controlled , allergy level dropped,	None
90		27	Femal e		high allergy level, blood	100 Deficien t: Below 20		Phos6x +Additio nal Homeopa thyfor concerned issues. Dr. Berg IU5000(Daily 1, after			controlled , allergy level	None

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								Nutrilite			also	
								Calmag			controlled	
								Dplus K2 (
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thy for				
								concerned				
								issues.				
91	IO1346	60	Male	02/12/2	High allergy	Normal 30-	23ng/mL	d issues.	02/03/		Blood sugar	None
	5			4	level, blood	100	Insufficie nt		25		was in	
				-		Deficien t:	msumere m		23		control,	
					sugar							
						Below 20					allergy level	
						Insuffici ent:					dropped	
					<u> </u>	Below 30						
92	IO1390	26	Male	02/11/2	High allergy	Normal 30-	20ng/mL	Dr. Berg	01/03/	32ng/ mL	Allergy	None
	8			4	level, dry	100	Insufficie nt	IU5000(25	Norma l	level was	
					cough,	Deficien t:		Daily 1,			improved	
					itching	Below 20		after			, no dry	
					neming							
						Insuffici ent:		breakfast			cough,	
						Below 30)+			itching was	
								Nutrilite			also gone	
								Calmag				
								Dplus K2 (
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos 6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
93	IO1324	23	Femal e	01/11/2	Tonsillitis,	Normal 30-	23ng/mL	Dr. Berg	01/03/	35ng/mL	TSH was in	None
	3			4	hypothyroi	100	Insufficie nt	IU5000(25	Norma l	control,	
					dism, high	Deficien t:		Daily 1,			allergy level	
					allergy	Below 20		after			dropped,	
					uncigy	Insuffici ent:		breakfast			tonsil	
						Below 30)+			infection	
								Nutrilite			was clear	
								Calmag				
								Dplus K2 (
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos 6x				
								+Additio				
								nal				
								Homeopa				
L		i			i			r	i			

								thy for				
								concerne d				
								issues.				
94	IO1341	30	Male	09/10/2	Hypothyro	Normal 30-	25ng/mL	Dr. Berg	03/01/		Control in	None
				4	dism, throat	100	Insufficie nt	IU5000(25		TSH level,	
					infection,	Deficien		Daily 1,			allergy	
					high allergy	t: Below 20		after			level	
					mgn unergy	Insuffici ent:		breakfast			dropped;	
						Below 30)+			throat	
						below 50						
								Nutrilite			infection	
								Cal mag			was clear	
								D plus K2 (
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesia				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thy for				
								concerned				
								issues.				
95	IO1328	59	Male	05/10/2	Wart, tag,	Normal 30-	25ng/mL	Dr. Berg	02/01/	37ng/ mL	Blood sugar	None
	9			4	weight gain,	100	Insufficie nt	IU5000(25	Norma l	was in	
					blood sugar,	Deficien t:		Daily 1,			control,	
					BP	Below 20		after			wart and tag	
						Insuffici ent:		breakfast			started	
						Below 30) +Nutrilite			fading up,	
								Cal mag			weight was	
								D plus K2 (in control	
								Daily1,				
								after lunch)				
								+ SBL				
								Magnesi				
								Phos6x				
								+Additio				
								nal				
								Homeopa				
								thyfor				
								concerne				
								d issues.				
96	IO1386	34	Femal e	09/10/2	Hypothyro	Normal 30-	25ng/mL	Dplus K2 (03/01/		TSH level	None
	7			4	idism, cold	100	Insufficie nt	Daily1,	25		was	
					and cough,	Deficien t:		after lunch)			controlled	
					allergy	Below 20		+ SBL			, cold and	
						Insuffici ent:		Magnesia			cough gone	
						Below 30		Phos6x			and allergy	
						DCIOW 30		+Additio			level also	
								nal			dropped	
								Homeopa				
								thy for				
								concerne d				
								issues.				

	Clinical Case Reports and Reviews. Copy rights @ Sabita Sinha,											
97	IO1386 9	12	Femal e	03/10/2 4	Pitriyasis alba, allergy, itching	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	25ng/mL Insufficie nt	Dr. Berg IU5000(Daily 1, after breakfast)+ Nutrilite Cal mag Dplus K2 (Daily 1, after lunch) + SBL Magnesia Phos 6x	03/10/24	40ng/ mL Norma 1	Reduced white patches, allergy level dropped, itching was in control	None
08	101224	22	Famala	02/10/2	Overivon	Named 20	25n o/mI	+Additio nal Homeopa thy for concerne d issues.	04/01/		Overiver	None
	IO1324 5	33	Femal e	03/10/2 4	Ovariyan cyst, hypothyroi dism, high allergy ,infertily	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	25ng/mL Insufficie nt	Dr. Berg IU5000(Daily 1, after breakfast) + Nutrilite Calmag Dplus K2 (Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thy for concerned issues.	04/01/ 25		Ovariyan cyst size was reduce, she could conceive, allergy level dropped, TSH level also improved	None
99	IO1363 8	27	Male	02/10/2	Hemangeo ma, cholesterol , allergy	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	22ng/mL Insufficie nt	Dr. Berg IU5000(Daily 1, after breakfast) + Nutrilite Calmag Dplus K2 (Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa	02/01/25	34ng/ mL Norma 1	Allergy level dropped, improve ment in size of hemangio ma and cholestero l also improved	None

								thyfor concerne d issues.			
100	IO1395	84	Male	02/10/2	High BP,	Normal 30-	19ng/mL	Dr. Berg	05/01/	BP was	None
				4	gas and	100	Deficient	IU5000	25	controlled	
					acidity,	Deficien t:		(Daily 1,		, gas and	
					grade 1 fatty	Below 20		after		acidity	
					liver	Insuffici ent:		breakfast)		reduced,	
						Below 30		+		fatty liver	
								Nutrilite		was	
								Cal mag		improved	
								Dplus K2			
								(Daily1,			
								after lunch)			
								+ SBL			
								Magnesia			
								Phos 6x			
								+Additio			
								nal			
								Homeopa			
								thy for			
								concerne d			
								issues.		 	

Clinical data and result Analysis:

A total of 100 patients were enrolled for this case study at JSS Homeopathy, Bengaluru, India, under clinical settings. Patients aged 6-90 years were included irrespective of gender. All the patients have gone through a comprehensive clinical assessment which includes a full body examination and relevant laboratory investigations. The diagnostic tool comprises of evaluation of serum Vitamin D[25(OH)D and Vitamin B12 levels, total IgE, Postprandial blood Sugar(PPBS), serum electrolytes, cardiac risk markers and electrocyte sedimentation rate (ESR), C reactive Protein(CRP). We have added USG neck, MRI, CT scan, USG abdomen and pelvis, CT-PET, Pap smear tests, CT scan, mammogram, wherever needed. It was observed that all the patients were presented with unique clinical issues. However, one similarity was there behind every Physical issues and it is Vitamin D deficiency or insufficiency. Only 1-2% falls in Normal Vitamin D level. Again, it is remarkable facts that, those1-2% were in Vitamin D supplementation. Even another important finding is that, almost all cancer patients are either Vitamin D deficient or insufficient. Now the question arises, why does the entire patient is either Vitamin D deficient or insufficient? Only few could be Vitamin D deficient or insufficient. Consistent Vitamin D deficiency or sufficiency indicates that there is a positive correlation between several diseases and Vitamin D. Again it is so surprising that, when we boost Vitamin D serum level, along with other respective issues, we get better result. Present case study shows that how important is Vitamin D for our overall health and we are unaware of it. This study proves that several diseases are related with Vitamin D factor and we must check it. How could we tell it with confirmation? It is because, we have seen in the beginning of the article, how clearly the Vitamin D formation diagram has been explained. We have observed that almost all patients were Vitamin D deficient or insufficient. Again how did it improve the overall health upon boosting serum level of Vitamin D? It indicates that there is a synergic relationship of Vitamin D as a diagnostic tool and recovery upon boosting serum level. All the patients were given Vitamin D supplement along with calcium, Magnesium Glycinate+ K2 in higher dose IU5000, except for few

children. Even patients with Normal Vitamin D level also given Vitamin D supplement for better impact. The Observed result was highly remarkable, without any adverse effects. However, only 1% performed low, because of denying medicine. Even cancer patient also responded well. Earlier when we have given Vitamin D3k2, IU1000, daily 1 tablet, body didn't give response as expected. When we increased the dose Vitamin D3k2 IU1000 to Vitamin D3k2IU5000, daily 1 dose, within 3 months, Vitamin D serum level jumped from 21ng/mL to 40ng/mL and benchmark changes were there in other physical issues like CEA parameter which was 2.74, dropped to 1.91(normal range <3), CA125 ovarian cancer marker dropped from 9.1U/ml to 6.4U/ml (normal range <35U/ml), CA19.9 Pancreatic Cancer marker, which dropped from 29.2U/ml to 26.9U/ml (normal range <37U/ml), breast cancer marker 15.3 dropped from 15.6U/ml to 11.5U/ml (normal range 0.0 -23.5U/ml, Homocysteine also dropped from 19.5U/ml to 12.6U/ml (normal range 5U/ml-15U/ml), allergy level Total IgE dropped from 290.6 to 264.4 (normal range <100), even RA factor also dropped from 16.75 to 13.02 (normal range <14), CRP C reactive protein also dropped to 13.85 to 6.79 (normal range <5), most positive sign was hemoglobin level increased from 10.8 to 11.9 (normal range 12-15), though she has been given Allen B12 for past 7 months and continued. Not only cancer patient, almost all patients performed well upon boosting Vitamin D serum level. We can conclude from this case study that there is strong relation between Vitamin D and several diseases and we can use Vitamin D as diagnostic tool and a recovery parameter upon boosting Vitamin D serum level. In conclusion, we can say that always look for Vitamin D level and work on it to lead a healthy life. Many research on Vitamin D showed how it is related to insulin resistance, cancer, fatty liver, skin issues and several diseases. This case study of 100 patients also proved that there is a link between Vitamin D and several diseases and how Vitamin D works as a diagnostic tool as well as recovery parameter upon boosting the serum level. This study also gives reminder of widespread value of vitamin D, not only as Nutritional factor. In future Serum Vitamin D level may use as a parameter to predetermine diseases like neuro degenerative diseases,

Alzheimer, Parkinson's and Psychiatric disorders like schizophrenia, autism, ADHD, autoimmune and many more.

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DOI:10.31579/2690-4861/980

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