

# 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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## 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

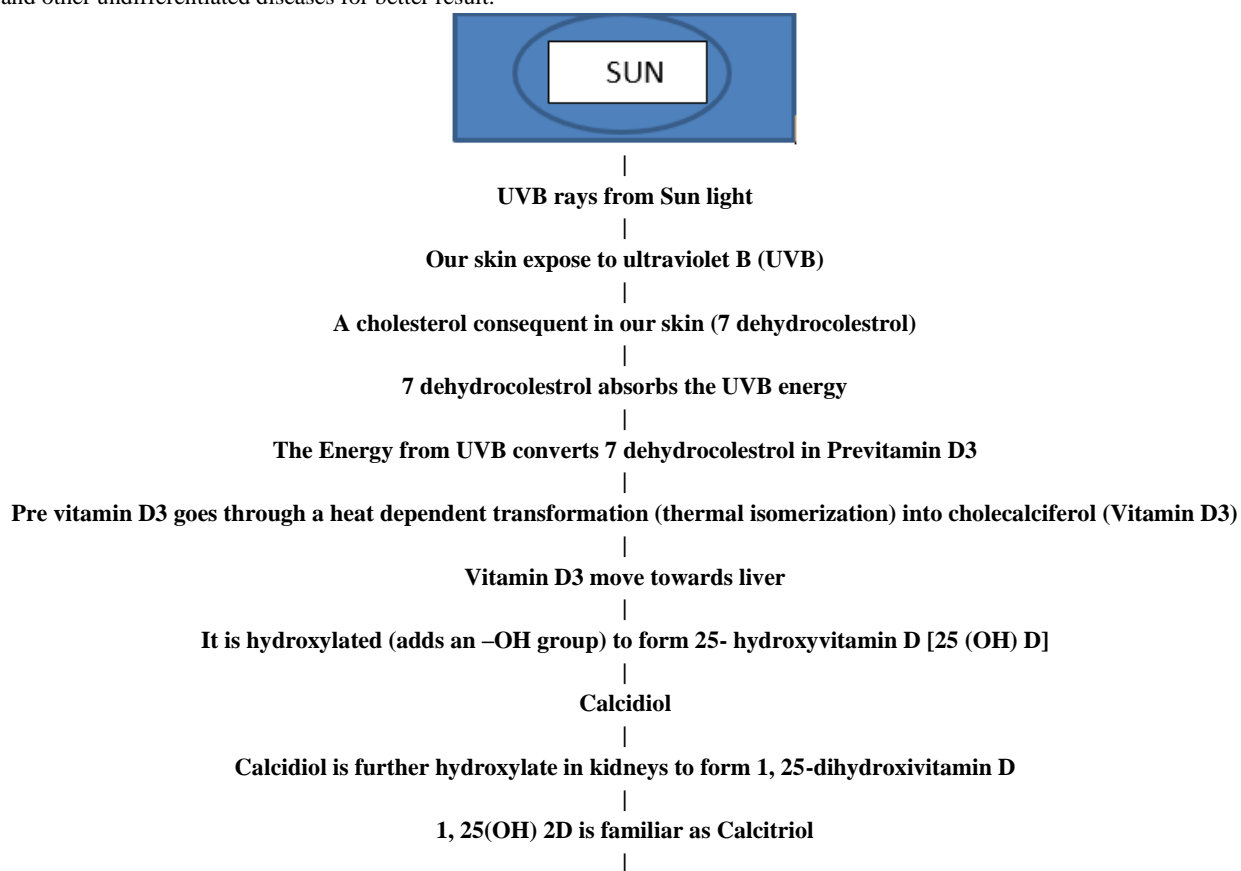
## Introduction

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.

- 3) 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.
- 5) We can consume it after breakfast or lunch.
- 6) Proper way to take Vitamin D—D3+K2+ Calcium +Magnesium glycinate
  - I. 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.
- 7 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 vitamin D. 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
- 2) 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:**

- 1) 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
- 2) 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	Gender	Consultation 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	Adverse effect/discordancy
1	IO12345	65	Female	27/01/25	Osteoporosis, Hypothyroidism, 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 joint support( Daily 1, after lunch) Additional Homeopathy for concerned issues.	30/04/25	26 ng/ml (Insufficient)	Able to walk properly, inflammation reduced, knee pain lessened.	None
2	IO68976	6	Male	23/02/25	High allergy, alopecia areata, Iron deficiency, kidney issue , low hemoglobin	Normal 30-100 Deficient: Below 20 Insufficient: 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 +Additional Homeopathy for concerned issues.	02/04/25	29 ng/mL Insufficient	Reduction in allergy level, improvement in hair follicle, improvement in kidney function	None
3	IO12876	46	Female	21/01/25	Kidney issue, schizophrenia, Grade 2 fatty liver, High ESR	Normal 30-100 Deficient: Below 20 Insufficient	8 ng/mL Deficient	Allen Vitamin D 1000IU (Daily 2 , after breakfast and	02/05/25		Little improvement	Patient denied to take medicine Properly
						ent: Below 30		lunch) + ½ cal mag D plus k2+ SBL Magnesia Phos6x +Additional Homeopathy for concerned issues.				and stopped She thinks she is alright without medicine.

4	IO12956	67	Female	01/02/25	High allergy, RA positive, blood sugar, high ESR, dry cough	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	15 ng/mL Deficient	Dr. Berg IU5000 (Daily 1, after breakfast) + Nutrilite Calmag Dplus K2 (Daily 1, after lunch) + SBL Magnesia Phos 6x + Additional Homeopathy for concerned issues.	4/05/25	32ng/mL Normal	Reduction in allergy level, dry cough reduced, improved blood sugar, Improvement in RA factor	None
5	IO19345	50	Female	01/01/25	Papillary thyroid Carcinoma, grade 1 fatty liver, RA positive, uric acid, High CRP	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	18 ng/mL Deficient	Dr. Berg IU5000 (Daily 1, after breakfast) + Nutrilite Calmag Dplus K2 (Daily 1, after lunch) + SBL Magnesia Phos 6x + Additional Homeopathy for concerned issues.	21/04/25		Improvement in thyroid nodule size, other cancer markers also improved, reduced RA level, reduced uric acid, improved hemoglobin level	None
								Phos6x + Additional Homeopathy for concerned issues.				

6	IO1587 6	29	Male	02/02/2 5	Uric acid, Grade 1 fatty liver, High CRP	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	14 ng/mL Deficient	Dr. Berg IU5000( Daily 1, after breakfast) + Nutralite 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 Normal	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 Deficient: Below 20 Insufficient: Below 30	17 ng/mL Deficient	Dr. Berg IU5000( Daily 1, after breakfast ) + Nutralite Calmag Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos 6x+Omeg a 3, daily 1 after food  +Additio nal Homeopa thyfor concerned issues.	02/06/ 25		BP was improved , hot boil was resolved and improve ment in prostrate issue	None
8	IO1294 5	50	Female	03/04/2 5	High CA- 125 marker, Ovarian cyst, Kidney stone, grade 1 fatty liver, low sodium	Normal 30- 100 Deficient: Below 20 Insufficient: 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 ) + Nutralite CalmagD plus K2( Daily1, after lunch) + SBL Magnesia Phos	03/07/ 25	68ng/ mL Normal	CA-125 marker came to normal, cyst size reduced, reduction in kidney stone, sodium level increased and patient was very	None

								6x+Omeg a 3, daily 1after food +Additio nal Homeopa thy for concerned issues.			much happy	
9	IO1396 7	40	Male	11/02/2 5	Vitiligo,lip oma, ganglion cyst, grade 1 fatty liver, blood sugar, High cholesterol , Low B12	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	19 ng/mL Deficient	Dr. Berg IU5000( Daily 1, after breakfast ) + Nutralite Calmag Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos 6x+Omeg	07/07/ 25		Improve ment in white patches, improved B12 level, blood sugar was improved , lipoma and ganglion size reduced	None
								a 3, daily 1after food +Additio nal Homeopa thy for concerned issues.				
								a 3, daily 1after food +Additiona l Homeopa thyfor concerned issues.				
10	IO1376 4	67	Femal e	02/03/2 5	HSV1 positive, blister in lip, allergy, liver issue, vitiligo,hig h ESR	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	19 ng/mL Deficient	Dr. Berg IU5000( Daily 1, after breakfast) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos 6x+Omeg a 3, daily 1after food	05/07/ 25	35ng/ mL Norma l	Improve ment in white patches, resolved liver issue, HSV1 level was reduced, Reduced allergy level	None

								+Addition nal Homeopa thyfor concerne d issues.				
11	IO1396 8	82	Male	05/03/2 5	Osteoporosis, high ESR, Unable to sit in ground	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	17 ng/mL Deficient	Dr. Berg IU5000( Daily 1, after breakfast ) + Nutralite Calmag Dplus K2( Daily 1, after lunch) + SBL	09/07/ 25		ESR level dropped, he could sit down, lessened pain	None
								Magnesia Phos 6x+Omega 3, daily 1 after food +Nveda joint support (daily 1, after food) +Ad ditional Homeopa thyforconc erne d issues.				
12	IO1308 9	14	Female	02/04/2 5	Low sodium, epilepsy, kidney issue, hypo thyroidism	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	16ng/mL Deficient	Allen Vitamin D IU1000( Daily 1, after breakfast ) + Nutralite Cal mag D plus K2 ( Daily 1, after lunch) + SBL Magnesia Phos 6x+Omega 3, daily 1 after food +Addition nal Homeopa thy for	05/07/ 25		Improved TSH level, improvement in sodium level, epilepsy was in control	None



								concerne d issues.				
13	IO13869	6	Male	04/03/25	ADHD, autism, High allergy, Kidney issue	Normal 30-100 Deficien t: Below	17ng/mL Deficient	Carbami de forte D3+K2+B12+ Allen calcium syrup+	05/06/25		Improved ADHD symptoms , allergy level also dropped,	None
						20 Insuffici ent: Below 30		SBL Magnesia Phos 6x+Omeg a 3, daily 1 after food +Additio nal Homeopa thy for concerne d issues.			improve ment in Autism	
14	IO13667	47	Femal e	03/04/25	Multiple fibroids,he mia, varicose vain, Grade 1 fatty liver,low sodium	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.	08/07/25	32ng/ mL Norma l	Improve ment in fatty liver, fibroid size reduced, lessened pain in varicose pain, improve ment in hernia	None
15	IO13334	36	Femal e	04/04/25	Adenomio sis, fibroadeno ma,low sodium, iron deficiency	Normal 30-100 Deficien t: Below 20 Insuffici ent: Below 30	18ng/mL Deficient	Dr. Berg IU5000( Daily 1, after breakfast) + Nutrilite Calmag Dplus K2 ( Daily1, after lunch)	03/07/25		Improve ment in prolonged period, reduced cyst size	None

								+ SBL				
								Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.				
16	IO1359 8	10	Male	07/04/2 5	Low sodium, Iron deficiency, kidney issue	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	19ng/mL Deficient	Allen Vitamin D IU600( Daily 2, after breakfast and lunch) + Nutrilite Cal mag D plus K2 ( Daily1, after lunch) + SBL Magnesia Phos 6x +Additio nal Homeopa thy for concerne d issues.	04/07/ 25	28ng/ mL Insuffi cient	Improved kidney function, improve ment in iron profile	None
17	IO1365 3	20	Male	07/04/2 5	Low sodium, Rehumatoi d arthritis, high CRP	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	17ng/mL Deficient	Allen Vitamin D IU600( Daily 2, after breakfast and lunch) + Nutrilite Calmag Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d	09/07/ 25		Sodium level improved , CRP level also decreased	None

								issues.				
18	IO13978	33	Male	08/03/25	Seborrheic dermatitis, grade 1 fatty liver, high cholesterol	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	17nl/mL Deficient	Dr. Berg IU5000( Daily 1, after breakfast )+ Nutrilite Calmag Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos6x +Additional Homeopathyfor concerned issues.	09/06/25	35nl/mL Normal	Improvement in Liver, cholesterol and skin issue	None
19	IO13098	27	Female	02/03/25	Fungal infection, blood sugar, high allergy	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	17ng/mL Deficient	Dr. Berg IU5000( Daily 1, after breakfast) + Nutrilite Calmag Dplus K2 (Daily1, after lunch) + SBL Magnesia Phos6x +Additional Homeopathyfor concerned issues.	07/06/25		Improvement in fungal infection, allergy level dropped, control in blood sugar level	None
20	IO13245	36	Female	04/03/25	Ovarian cyst, blood sugar, high allergy	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	14ng/mL Deficient	Dr. Berg IU5000 (Daily 1, after breakfast) + Nutrilite Calmag D plus K2 (Daily1, after lunch) + SBL Magnesia	07/06/25	30ng/mL Normal	Blood sugar was improved, allergy level dropped, improvement in cyst size	None

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

								Daily1, after lunch)+ SBL Magnesia Phos 6x +Additio nal Homeopa thyfor concerne d issues.				
24	IO1386 7	33	Femal e	09/01/2 5	Melasma, Hypothyro id, blood sugar	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	19ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	04/01/ 25		Improve ment in TSH level, melisma was light, improved blood sugar level	None
								Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.				
25	IO1335 4	33	Male	05/03/2 5	Gallstone, high cholesterol , high bilirubin	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	15ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	07/06/ 25	32ng/ mL Normal	Improve ment in gallstone size, reduced bilirubin and cholesterol	None
26	IO1343 5	33	Femal e	08/03/2 5	Grade 1 fatty liver, high cholesterol,	Normal 30- 100 Deficien t:	17ng/mL Deficient	Dr. Berg IU5000( Daily 1 ,	09/06/ 25		Improve ment in blood sugar,	None

					Blood sugar	Below 20 Insuffici ent: Below 30		after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia			fatty liver was reversed, good control in sugar level	
								Phos6x +Additio nal Homeopa thyfor concerne d issues.				
27	IO1389 7	67	Male	13/05/2 5	Ear infection, Blood sugar, high cholesterol	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	12ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	15/07/ 25	24ng/ mL Insuffi cient	Improve ment in blood sugar, no more inear infection,i mprovem ent in cholesterol	None
28	IO1300 9	30	Male	02/03/2 5	Eye injury, high cholesterol , high BP	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	15ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa	08/06/ 25		Eye issue was resolved, control in BP and blood sugar	None

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

					fibro adenoma, Gade 1 fatty liver	Deficient: Below 20 Insufficient: Below 30		(Daily 1, after breakfast) + Nutrilite Calmag D plus K2 (Daily 1, after lunch) + SBL Magnesia Phos 6x + Additional Homeopathy for concerned issues.		1	, improvement in fatty liver and size of fibro adenoma also decreased	
32	IO13256	47	Male	01/05/25	Wart issue, blood sugar, high cholesterol	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	25ng/mL Insufficient	Dr. Berg IU5000 (Daily 1, after breakfast) + Nutrilite Cal mag D plus K2 (Daily 1, after lunch) + SBL Magnesia Phos 6x + Additional Homeopathy for concerned issues.	08/07/25		Blood sugar was improved, improvement in wart and cholesterol level	None
33	IO13780	55	Male	07/07/25	Nerve pain, blood sugar, high cholesterol	Normal 30-100 Deficient: Below 20 Insufficient: Below	15ng/mL Deficient	Dr. Berg IU5000 (Daily 1, after breakfast) + Nutrilite Calmag D plus K2	02/09/25		Improvement in nerve pain, blood sugar was in good control	None



						30		(Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.				
34	IO13009	58	Femal e	07/07/25	Knee pain, blood sugar, high cholesterol	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 Phos 6x+Nveda joint support( daily 1 , after food) +Additio nal Homeopa thyfor concerne d issues.	02/09/25		Improve ment in blood sugar level, knee pain lessened	None
35	IO13453	65	Femal e	03/10/24	Blood sugar, UTI, high cholesterol , body pain	Normal 30-100 Deficien t: Below 20 Insuffici ent: Below	19ng/mL Deficient	Dr. Berg IU5000 (Daily 1 , after breakfast )+ Nutrilite Calmag Dplus	02/01/25		Improved blood sugar level, cleared UTI, no body pain at all	None
						30		K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio				

								nal Homeopa thyfor concerne d issues.				
36	IO1390 8	75	Femal e	01/10/2 4	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 ) + Nutralite 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 l	Improved knee pain, sciatica pain, blood sugar	None
37	IO1385 6	68	Femal e	01/10/2 4	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 ) + Nutralite Calmag	01/01/ 24		Shoulder pain reduced, UTI resolved, Mouth ulcer was better	None
						Below 30		Dplus K2( Daily1, after lunch) + SBL Magnesia Phos 6x+B12 ( daily 1 , before bed) +Additio				

								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 ) + Nutralite 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, cholesterol was improved	None
39	IO1397 8	29	Male	04/11/2 4	Fatty liver, allergy	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below	18ng/mL Deficient	Dr. Berg IU5000 (Daily 1 , after breakfast ) + Nutralite 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.				

40	IO1326 7	82	Female	08/11/2 4	Urine incontinence, uric acid, leg muscle pain	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	19ng/mL Deficient	Dr. Berg IU5000 (Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily 1, after lunch) + SBL Magnesia Phos6x + Additional Homeopathy for concerned issues.	04/01/ 25	30ng/ mL Normal	Improvement in urine incontinence , leg muscle pain	None
41	IO1386 7	8	Male	02/12/2 4	Bed wetting, high allergy level	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	16ng/mL Deficient	Allen Vitamin D IU600( Daily 2 , after breakfast and after lunch) + Nutralite Calmag Dplus K2( Daily 1, after lunch) +	02/02/ 25		After taking medicine, just 2 days he did bed wetting and after then no more, allergy level also improved	None
								Allen B12 ½ , daily half tab before bed + SBL Magnesia Phos6x + Additional Homeopathy for concerned issues.				
42	IO1312 3	45	Female	03/12/2 4	Weight gain and allergy, high TSH	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	19ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily 1, after lunch) +	03/02/ 25	30ng/ mL Normal	TSH was in control, allergy level dropped and weight also in control	None

								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 8	24	Male	07/12/2 4	Overweigh t, hair loss, high TSH	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	18ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	08/02/ 25	34ng/ mL Norma l	TSH was controlled , hair fall reduced	None
45	IO1386 9	60	Femal e	07/12/2 4	High TSH, uric acid, body pain, blood sugar	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	19ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after	09/03/ 25		TSH level reduced, lessened body pain, improve ment in blood sugar	None

								lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.				
46	IO1386 9	46	Femal e	08/12/2 4	Kidney issue, allergy, blood sugar	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	18ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	07/02/ 24	26ng/ mL Insuffi cient	Blood sugar level improved , improve ment in kidney issue, allergy level dropped	None
47	IO1326 4	60	Male	06/12/2 4	Eczema, blood sugar, liver issue	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	19ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thy for concerne d issues.	06/03/ 25		Improve ment in blood sugar, eczema and liver issue	None
48	IO1396 7	44	Femal e	07/12/2 4	Multiple fibroids,  liver and cholesterol issue	Normal  30-100 Deficien t: Below 20	17ng/mL Deficient	Dr. Berg  IU5000( Daily 1 , after	07/03/ 25	Norma l	Improved liver and cholestero l issue, reduced	None

						Insuffici ent: Below 30		breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.			fibroid size	
49	IO1375 6	35	Male	07/12/2 4	High BP, Dizziness, high cholesterol , UTI	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	18ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	07/03/ 25		Improved BP, UTI resolved, improve ment in cholesterol	None
50	IO1389 0	33	Femal e	04/12/2 4	Allergy, blood sugar, Skin issue	Normal 30- 100 Deficien t: Below 20	18ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) +	07/03/ 25		Allergy level dropped, blood sugar was improved , skin	None
						Insuffici ent: Below 30		Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa			issue was improved	

								thyfor concerne d issues.				
51	IO1396 7	23	Femal e	02/12/2 4	Kidney stone, blood sugar, liver issue	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	19ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	04/03/ 25	32ng/ mL Norma l	Blood sugar was controlled , kidney stone size reduced, liver issue also improved	None
52	IO1357 9	34	Femal e	02/12/2 4	Eye infection, blood sugar, high allergy	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	19ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	02/03/ 25		Blood sugar was improved , eye infection improved , allergy level also dropped	None
								after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.				
53	IO1365 8	40	Male	02/12/2 4	Blood sugar, high cholesterol	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	19ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite	02/03/ 25	33ng/ mL Norma l	Blood sugar improved , cholestero l level also improved	None



								Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.				
54	IO1369 0	27	Femal e	02/12/2 4	Infertility, fibroid, blood sugar	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	10ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x  +Additio nal Homeopa thy for concerne d issues.	02/03/ 25		Blood sugar improved , fibroid size reduced, she could conceive	None
55	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 ) + Nutralite 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

56	IO1399 7	43	Male	27/01/2 5	Allergy, blood sugar, cholesterol	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	16ng/mL Deficient		27/01/ 25		Allergy level improved , blood sugar controlled , cholesterol level also improved	None
57	IO1325 4	27	Male	21/11/2 4	Body pain, skin infection, blood sugar	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	12ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily 1, after lunch) + SBL Magnesia Phos6x + Additional Homeopathy for concern ed issues.	27/01/ 25	36ng/ mL Normal	Blood sugar improved , body pain gone and skin issue also resolved	None
58	IO1386 9	30	Male	27/01/2 5	Skin issue, fatigue, blood sugar	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	11ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily 1, after lunch) + SBL Magnesia Phos6x + Additional Homeopathy for concern ed issues.	20/04/ 25	35ng/ mL Normal	Blood sugar was controlled , fatigue was gone, skin issue resolved	None
59	IO1344 5	28	Female	23/01/2 5	Ovarian cyst, low energy, fatigue	Normal 30- 100 Deficient	11ng/mL Deficient	Dr. Berg IU5000( Daily 1 ,	24/04/ 25		Improvement in energy level,	None

						t: Below 20 Insuffici ent: Below 30		after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.			ovarian cyst size also improved	
60	IO1346 5	62	Male	27/01/2 5	Ear infection, dental issue	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	18ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	22/03/ 25	31ng/ mL Normal	Dental issue resolved; ear infection also gone	None
61	IO1349 8	23	Femal e	23/01/2 5	Eye infection, high allergy, blood sugar	Normal 30- 100 Deficien t: Below 20 Insuffici ent:	14ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag	20/04/ 25		Blood sugar was improved , allergy level dropped, eye infection was	None
						Below 30		Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d			cleared	

								issues.				
62	IO13490	16	Female	20/01/25	Hypothyroidism, vision issue, kidney issue	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	14ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast )+ Nutrilite Calmag Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos6x +Additional Homeopathy for concerned issues.	12/04/25	34ng/ mL Normal	TSH level improved , Kidney issue also improved , vision also improved	None
63	IO13143	26	Female	20/01/25	Tonsillitis, hyperthyroidism, skin issue	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	17ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast )+ Nutrilite Calmag Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos 6x +Additional Homeopathyfor concerned issues.	20/04/25		TSH level was improved , tonsillitis was resolved and skin issue also fixed	None
64	IO13164	42	Male	20/01/25	Shoulder pain, blood sugar, kidney issue	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	18ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast )+ Nutrilite Calmag	20/04/25	32ng/ mL Normal	Blood sugar improved , kidney issue improved , shoulder pain resolved	None

								Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.				
65	IO1379 8	43	Female	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 ) + Nutralite 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.				
66	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 ) + Nutralite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	27/04/ 25	37ng/ mL Normal	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( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	10/04/ 25		Blood sugar was	None

					blood sugar	Deficient: Below 20 Insufficient: Below 30		Daily 1 , afterbreakfast)+ Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos 6x+ Allen B12( daily1, before bed) +Additio nal			controlled , mouth ulcer was resolved and tooth pain also gone	
								Homeopa thyfor concerned issues.				
68	IO1365 4	25	female	11/01/2 5	Dust allergy, PCOD	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	19ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerned issues.	03/04/ 25	39ng/ mL Normal	PCOD was improved , dust allergy resolved	None
69	IO1349 7	24	Female	02/01/2 4	Kidney issue, itching, blood sugar	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	11ng/mL Deficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal	03/04/ 25		Blood sugar was controlled , kidney issue also improved and itching was gone	None

								Homeopathy for concerned issues.				
70	IO13348	50	Female	02/12/24	Ring worm, high allergy, blood sugar	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	11ng/mL Deficient	Dr. Berg IU5000 (Daily 1, after breakfast) + Nutrilite Calmag Dplus K2 (Daily 1, after lunch) + SBL Magnesia Phos6x + Additional Homeopathy for concerned issues.	02/03/25	32ng/mL Normal	Allergy level dropped, ring worm was light, blood sugar also controlled	None
71	IO13967	11	Male	02/12/24	Bed wetting, dyslexia,	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	22ng/mL Insufficient	Allen vitamin D IU600 (Daily 2, after breakfast and lunch) + Nutrilite Calmag Dplus K2 (Daily 1/2, after lunch) + Allen b12 ½, daily 1 before food + SBL Magnesia Phos 6x + Additional Homeopathy for concerned issues.	01/03/25		No more bed wetting, dyslexia also improved	None

72	IO13089	34	Female	03/12/24	Postpartum depression, anxiety, tired, confused	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	22ng/mL Insufficient	Dr. Berg IU5000( Daily 1, after breakfast )+ Nutrilite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additional Homeopathyfor concerned issues.	06/03/25	33ng/ mL Normal	Situation improved, no more depression, anxiety and tiredness	None
73	IO13243	63	Female	06/12/24	Asthma, kidney issue, blood sugar	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	23ng/mL Insufficient	Dr. Berg IU5000( Daily 1, after breakfast )+ Nutrilite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additional Homeopathyfor concerned issues.	09/03/25		Kidney issue improved, blood sugar was controlled, Asthma was in control	None
74	IO13745	33	Male	09/12/24	Allergy, blood sugar, high BP	Normal 30-100 Deficient:	13ng/mL Deficient	Dr. Berg IU5000( Daily 1, after breakfast )+ Nutrilite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia	09/12/24		Allergy level dropped, blood sugar was improved, BP was controlled	None
						Below 20 Insufficient: Below 30						



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

77	IO1328 7	40	Female	09/12/2 4	Kidney stone, high BP, blood sugar	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	23ng/mL Insufficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos6x +Addition al Homeopa thyfor concerne d issues.	09/12/ 24	43ng/ mL Normal	BP was controlled , blood sugar level improved , kidney stone was reduced in size	None
78	IO1322 4	68	Male	09/12/2 4	Asthma, allergy, blood sugar	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	23ng/mL Insufficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL	09/12/ 24		Blood sugar was improved , allergy level dropped, asthma was controlled	None
								Magnesia Phos6x +Addition al Homeopa thyfor concerne d issues.				
79	IO1368 0	46	Male	09/12/2 4	Frozen shoulder, blood sugar, cholesterol	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	20ng/mL Insufficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos6x	02/03/ 25	43ng/ mL Normal	Blood sugar was controlled , frozen shoulder was resolved, cholesterol was controlled	None

								+Additio nal Homeopa thyfor concerne d issues.				
80	IO1368 7	40	Femal e	02/12/2 4	Ring worm, blood sugar, high allergy level	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	20ng/mL Insufficie nt	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	03/03/ 25		Blood sugar improved , ring worm also controlled , allergy level dropped	None
81	IO1331 2	33	Femal e	06/12/2 4	Back pain, body pain, headache, itching, low sodium, high allergy level	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	20ng/mL Insufficie nt	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	02/12/ 25	42ng/ mL Norma l	Sodium level was improved , allergy level dropped, headache and itcing was improved	None
82	IO1346 8	58	Femal e	09/12/2 4	Back pain, joint pain, hypothyro dim, blood sugar	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	22ng/mL Insufficie nt	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutralite Calmag	08/03/ 25		TSH was improved , back pain and joint pain also reduced, blood sugar was also in	None

								Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thy for concerne d issues.			control	
83	IO13089	70	Male	09/12/24	Bacterial infection,	Normal	13ng/mL Deficient	Dr. Berg	01/03/		Blood sugar was	None
					blood sugar, high allergy level	30-100 Deficien t: Below 20 Insuffici ent: Below 30		IU5000( Daily 1 , after breakfast)+ Nutrilite Cal mag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additio nal Homeopa thyfor concerne d issues.	25	Insuffi cient	in control, allergy level dropped, bacterial infection was resolved	
84	IO13889	52	Femal e	04/12/24	Kidney stone, blood sugar, IBS	Normal 30-100 Deficien t: Below 20 Insuffici ent: Below 30	21ng/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		Blood sugar was in control, kidney stone size reduced, IBS also improved	None

85	IO1389 6	29	Female	09/12/2 4	Ovarian cyst, hypothyroidism, high allergy level	Normal 30- 100 Deficient: Below 20	23ng/mL Insufficient	Dr. Berg IU5000( Daily 1 , after breakfast)+	01/03/ 25		TSH level was controlled , allergy level dropped, cyst size	None
						Insufficient: Below 30		Nutrilite Calmag Dplus K2( Daily1, after lunch)+ SBL Magnesia Phos6x +Additional Homeopa thyfor concerned issues.			was reduced	
86	IO1364 3	35	Male	01/12/2 4	Hematuria , high BP,liver issue, high cholesterol	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	23ng/mL Insufficient	Dr. Berg IU5000( Daily 1 , after breakfast ) + Nutrilite Calmag Dplus K2( Daily1, after lunch) + SBL Magnesia Phos6x +Additional Homeopa thyfor concerned issues.	05/03/ 25	43ng/ mL Normal	BP was controlled , hematuria was resolved, cholesterol was controlled	None
87	IO1390 8	33	Female	05/12/2 4	Ovarian cyst, hypothyroidism, UTI	Normal 30- 100 Deficient: Below 20 Insufficient: Below 30	23ng/mL Insufficient	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

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

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

								thy for concerned issues.				
94	IO1341	30	Male	09/10/24	Hypothyroidism, throat infection, high allergy	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	25ng/mL Insufficient	Dr. Berg IU5000( Daily 1, after breakfast ) + Nutralite Cal mag D plus K2 ( Daily1, after lunch) + SBL Magnesia Phos6x +Additional Homeopathy for concerned issues.	03/01/25		Control in TSH level, allergy level dropped; throat infection was clear	None
95	IO13289	59	Male	05/10/24	Wart, tag, weight gain, blood sugar, BP	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	25ng/mL Insufficient	Dr. Berg IU5000( Daily 1, after breakfast ) +Nutralite Cal mag D plus K2 ( Daily1, after lunch) + SBL Magnesi Phos6x +Additional Homeopathyfor concerned issues.	02/01/25	37ng/mL Normal	Blood sugar was in control, wart and tag started fading up, weight was in control	None
96	IO13867	34	Female	09/10/24	Hypothyroidism, cold and cough, allergy	Normal 30-100 Deficient: Below 20 Insufficient: Below 30	25ng/mL Insufficient	Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos6x +Additional Homeopathy for concerned issues.	03/01/25		TSH level was controlled , cold and cough gone and allergy level also dropped	None



97	IO1386 9	12	Female	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)+ Nutralite Cal mag Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos 6x +Additio nal Homeopa thy for concerne d issues.	03/10/ 24	40ng/ mL Norma l	Reduced white patches, allergy level dropped, itching was in control	None
98	IO1324 5	33	Female	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) + Nutralite 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 4	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) + Nutralite Calmag Dplus K2 ( Daily1, after lunch) + SBL Magnesia Phos6x +Additio nal Homeopa	02/01/ 25	34ng/ mL Norma l	Allergy level dropped, improve ment in size of hemangio ma and cholestero l also improved	None

								thyfor concerne d issues.				
100	IO1395	84	Male	02/10/24	High BP, gas and acidity, grade 1 fatty liver	Normal 30- 100 Deficien t: Below 20 Insuffici ent: Below 30	19ng/mL Deficient	Dr. Berg IU5000 (Daily 1, after breakfast) + Nutralite Cal mag Dplus K2 (Daily1, after lunch) + SBL Magnesia Phos 6x +Additio nal Homeopa thy for concerne d issues.	05/01/ 25		BP was controlled , gas and acidity reduced, fatty liver was improved	None

#### 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, those 1-2% 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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