

## Rufus Greenbaum

---

**From:** Rufus Greenbaum <rufus@greenbaum.com>  
**Sent:** 26 June 2020 17:34  
**To:** Paul Chrisp (Paul.Chrisp@nice.org.uk)  
**Cc:** Gillian Leng (Gillian.Leng@nice.org.uk)  
**Subject:** Vitamin D - how about a temporary new definition of "Vitamin D Deficiency"  
**Attachments:** SACN1008 - Vitamin D correspondence Rufus Greenbaum.pdf

Dear Dr Chrisp,

If you believe the story about Vitamin D may I suggest this simple public message

- **Set a temporary new definition of Vitamin D Deficiency of 75 nmol/L**
- **Set a target level of 100-150 nmol/L**

This is 4-6 times the current UK definition of Vitamin D Deficiency of 25 nmol/L

***We need a major paradigm shift, so that people at risk know their Vitamin D blood level, like a Diabetic knows their Glucose level***

Review the health outcomes regularly

Accept that doctors will need education about the endocrine aspects of the pro-hormone mis-named Vitamin D

Be aware that there are long-term risks, such as increased calcification of arteries

- Let's discuss this later

Revise the guidance about sun-bathing

- The Australian "Slip-Slop-Slap" is valid for them, since they have a much higher UV index but it is not suitable for the UK

I have no confidence that SACN understands the steroid pro-hormone mis-named Vitamin D and nor the reasons why everyone needs a blood level of 100-150 nmol/L.

This blood level cannot be produced from food, and it needs adequate sunshine - or a Vitamin D supplement of 50-250 micrograms a day - rather than the 10 micrograms currently recommended.

I am the only member of the public to have sat as an observer in more than 10 meetings of SACN over the past 12 years, and this has informed my view that you should not ask them their opinion on Vitamin D, or listen to their ill-informed advice. They are Nutritionists and they do not understand how to evaluate a hormone derived from sunshine

I made a formal submission to SACN in 2009 stating that:

**increased blood levels of Vitamin D help to reduce infection from Influenza and other infectious diseases**

<https://webarchive.nationalarchives.gov.uk/20140507013534/http://www.sacn.gov.uk/pdfs/SACN1008%20-%20Vitamin%20D%20correspondence%20Rufus%20Greenbaum.pdf>

***They didn't understand it then and I doubt that they understand it today***

Regards

Rufus Greenbaum

Email: [rufus@greenbaum.com](mailto:rufus@greenbaum.com)

Skype: rufusg

Mobile: +44 7831 135428

-----  
53A London Road  
Stanmore  
HA7 4PA, United Kingdom

Tel: +44 20 8954 6242  
[www.rufusgreenbaum.com](http://www.rufusgreenbaum.com)