

# Low alkaline phosphatasey



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Low Alkaline Phosphatase Alkaline phosphatase is a vital enzyme mainly manufactured by the liver. Bones, kidneys, intestines and the placenta of a pregnant woman also contribute to alkaline phosphatase quantities.

Common symptoms of alkaline phosphatase deficiency include fatigue, shortness of breath, cold intolerance, constipation, rapid heart rate and impressive weight-loss. Consuming certain foods can help increase alkaline phosphatase levels.

Normal Alkaline Phosphatase Level Normal levels vary between children and adults and also between different laboratories. Ask your doctor for specific details regarding your alkaline phosphatase level. The normal level in children is generally less than 350 U/L. The levels range from 25-100 U/L in adults. Causes of Low Alkaline Phosphatase

1. Malnutrition Improper diet and poor nutritional choices which lead to a deficiency of vitamin B6, folic acid, vitamin c, phosphorous and zinc all cause alkaline phosphatase to plummet.
2. Hypophosphatasia This rare genetic disorder negatively impacts the development of bones and teeth.

The depletion of phosphate from the body softens and weakens bones causing physical deformity from the abnormal bone growth and development. Severe cases lead to respiratory disorders as well.

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Other Causes Other causes can result in low alkaline phosphatase including: Hypothyroidism and impaired parathyroid glands B12 deficiency (Pernicious anemia) Aplastic anemia Wilson™'s disease (abnormal copper metabolism) Children with achondroplasia and cretinism CML “ Chronic Myelogenous Leukemia Menopause and anemia Treatment of Low Alkaline

PhosphataseThe overall approach to treatment first focuses on determining the underlying cause. A low alkaline phosphatase is often detected during routine blood tests. A physician will start by evaluating the diet and correcting any deficiencies present and consider adding supplements after discussion. Common vitamin deficiencies such as B6, B12 and vitamin C and folic acid should be corrected by taking quality supplements. Anemia can be improved with the addition of iron supplements. Below are common foods to increase alkaline phosphatase level: 1. PhosphorusThis key element is only second to calcium in terms of our body™s requirement.

It is vital for creating alkaline phosphatase and important in processes such as energy production, bone formation, DNA production and absorption of calcium. Health foods such as lentils, salmon, halibut, chicken, turkey, eggs, yogurt and nuts such as almonds are all excellent sources. 2. Healthy fatsAlkaline phosphatase plays a role in the digestion and absorption of dietary fats from the intestines.

Higher levels of alkaline phosphatase have been noted in those who consume cod liver oil, coconut and corn oil. 3. ZincZinc supplementation can boost production of alkaline phosphatase in the body. Healthy bone formation, skin integrity and immune system function all rely on zinc.

Excellent sources include pumpkin seeds, ginger root, pecans, peas, oysters and Brazil nuts. Maximum daily supplemental intake of zinc should not exceed 30 mg per day. 4. Vitamin B12Pernicious anemia is linked to low alkaline phosphatase levels and B12 deficiency is at the heart of the problem. Vitamin B12 is plentiful in fish, eggs, dairy products and most

meats. Vegetables from the sea are rich in B12, while vegans and vegetarians should consider supplementing with 2 mcg of vitamin B12 a day. An under the tongue (sublingual) tablet is available and rapidly absorbed. 5.

Vitamin A This anti-oxidant vitamin stimulates alkaline phosphatase production from the bone cells and intestinal tract. Sources of high vitamin A include chili peppers, dandelion roots, carrots, apricots, kale, sweet potatoes, spinach and liver from ox, chicken and calf. Fish oils such as salmon oil and cod liver oil are rich in vitamin A.

Use caution when taking vitamin A supplements as this vitamin is stored in the fat cells of our body and excess supplementation can lead to side effects.