

What is vitamin D?

Vitamin D is a nutrient that your own body produces!

When you expose your skin to the sun, you produce vitamin D, lots of it. On the other hand, it is not found in large quantities in food. This makes vitamin D unique and complex in getting the right amount.

What does it do?

Vitamin D is essential in maintaining calcium and keeping your bones strong. But vitamin D is also important for cell communication throughout your body, giving your cells the nutrient they need to effectively communicate with each other. If they can't communicate perfectly, your body can break down!

Research is ongoing, but to date it appears that vitamin D may be important for:

- ✓ **immunity**
- ✓ **the nervous system**
- ✓ **bone health**
- ✓ **cardiovascular health**
- ✓ **brain health**
- ✓ **cancer protection**

That is why deficiency in vitamin D has been linked to diseases, including:

- ✓ **depression**
- ✓ **stroke**
- ✓ **diabetes**
- ✓ **influenza**
- ✓ **many cancers**
- ✓ **multiple sclerosis**
- ✓ **bone disease and more**

Am I getting enough vitamin D?

Probably not! To be sufficient in vitamin D, you have to live a true outdoor lifestyle or you have to supplement on a regular basis. Risk factors for vitamin D deficiency include:

- ✓ **indoor lifestyle**
- ✓ **living at high-latitudes during the winter**
- ✓ **too much clothing**
- ✓ **use of sunscreen**
- ✓ **darker skin**
- ✓ **obesity**
- ✓ **older age**





Think you're deficient in vitamin D?

Take action! Here are some suggestions:

1. **Get tested** and find out if you're deficient. Talk to your doctor or order a test online. The test for vitamin D is a 25(OH)D. The Endocrine Society recommends levels between 40-60 ng/ml.
2. **Expose yourself.** Go get some full body sun exposure! Your body can produce about 10,000 IU of vitamin D in just a half hour. But make sure most of your skin is exposed and that it's close to high noon. Use caution and sensibility and avoid getting sun burned.
3. **Take a supplement.** Let's face it; it's hard to get daily sun exposure in the 21st century. On days that you do not get full body sun exposure, **the Vitamin D Council recommends the following daily intakes:**

Children	1,000 IU per 25lbs of body weight
Adults	5,000 IU
Upper Limit	10,000 IU*

***Any more is too much!** Vitamin D is fat soluble, so too much is not healthy. However, if your doctor prescribes more, trust their knowledge and care. In some conditions, vitamin D is prescribed at higher doses.

About the Vitamin D Council

The Vitamin D Council is a 501(c)(3) nonprofit organization, spreading awareness on vitamin D, sun exposure and research to the people that matter. Find us on the web and support the Council today!



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