



The Sunshine Vitamin...Vitamin D

- *Proven health benefits:*
 - **Fall prevention** –
 - Improves bone density for **fracture prevention**
 - **Improves balance** -- improves muscle strength
 - **Vascular health**
 - Wards off **seasonal blues**
 - Combats **chronic fatigue**
 - Affects of specific **cancers**: breast/prostate/colon/pancreatic/rectal/ovarian/esophageal/leukemia
 - Improves **insulin secretion** and sensitivity
 - Improves **appetite control**
 - Less incidence of **infections**
 - Combats **autoimmune disorders**
 - A severe deficiency results in **osteomalacia** in adults and **rickets** in children

- *Three sources:*
 - **Sunshine**
 - 10 minutes of peak sun --- 3 x weekly -- on arms ,legs, face – late spring thru late summer
 - Use no sunscreen during this time
 - **Food**
 - Oily fatty fish (salmon, mackerel, tuna in oil, sardines, herring, halibut), egg yolks, beef liver
 - fortified foods: milk, OJ, cold cereals (check nutrition labels)
 - **Difficult to meet needs through food**
 - **Supplements**
 - Current recommendations
 - Infants 400 IUs
 - 1- 70 600 IUs
 - Ages 71+ 800 IUs
 - Currently safe upper limit is 2,000 IUs

- *Have blood test to determine current level of “25-hydroxyvitamin D”*

Deficiency	< 20 ng/ml
Insufficiency	20 – 32 ng/ml
Sufficiency	32 – 50 ng/ml

Test results may be affected by time of year test is conducted

- Vitamin D can be toxic at high levels (blood levels of >100 ng/ml) – but this is **RARE**
 - Can cause nausea, vomiting, poor appetite, constipation, weight loss, irregular heart rhythm
- Reliable sources: www.vitamindcouncil.org or www.vitamindhealth.org