Importance of Vitamin D

FitWell 2016
Sources of Vitamin D

- sun
- oily fish
- egg yolks
- mushrooms
- fortified products (milks, cereals, etc.)
- supplements
Benefits of Vitamin D

- aids in calcium absorption
- helps build strong bones (especially when combined with weight-bearing exercise)
- cell growth (Forrest & Stuhldreher, 2011)
- blood pressure regulation (Forrest & Stuhldreher, 2011)
- improves symptoms of some diseases (i.e. rheumatoid arthritis and multiple sclerosis)
Vitamin D Deficiency and Insufficiency on the Rise

- becoming increasingly prevalent
- ~42% of Americans are deficient in vitamin D (Forrest & Stuhldreher, 2011)
- varies with season and region
- negative implications for bone health and overall disease prevention
Obtain Healthy Levels of Vitamin D

- sun-exposure dose: 15 minutes per day with either arms and legs exposed or the hands, arms, and face exposed

- supplement dose: at least 600IU. This is the RDA (Recommended Dietary Allowance) but higher doses (i.e. 2,000IU) can be taken safely

*the recommendations vary depending on the source
Looking for Supplements

- vitamin D2 or D3 are fine
- find a USP verified supplement
- USP indicates that the product has been inspected and contains the ingredients it claims to have
- example of USP verified brands:
  - Nature Made
  - Berkeley & Jensen
  - Kirkland Signature
  - TruNature®