



# Vitamin D



## VITAMIN D DEFICIENCY IS INCREASINGLY COMMON.



Up to 70% of Wellness Partners' participants are Vitamin D deficient.

## Did You Know?

- ☀️ Our bodies should be able to create Vitamin D with small periods of unprotected sun exposure in much larger quantities than we find in food or supplements. In fact, 80-90% of our Vitamin D should come from sun exposure. However, many modern lifestyle factors interfere with the sun's ability to provide adequate Vitamin D.
- ☀️ Bumping up your healthy fat intake (from fish, avocados, nuts, olive and coconut oils) will increase your body's ability to utilize Vitamin D.
- ☀️ Cholesterol medications called statins severely limit your ability to produce Vitamin D in sunlight. If you take a statin, it's likely you would benefit from a Vitamin D supplement (Talk with your doctor).

### WHAT DOES IT DO?

- Helps your body absorb calcium
- Protects against cognitive decline
- Aids muscle movement, nerve function, and immune function
- Maintains bone structure
- It is a powerful anti-inflammatory and anti-oxidant
- Regulates phosphorous levels

### WHERE DO I GET IT?

- Sunlight
- Fatty fish
- Milk, OJ, yogurt labeled as "fortified with Vit D"
- Supplements: Vitamin D3, Vitamin D2, Cod liver oil
- <15% daily value per serving: sardines, beef liver, egg yolk, cereal

### WHAT HAPPENS IF I DON'T GET ENOUGH?

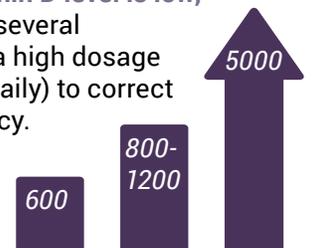
Vitamin D deficiency can result in:

- Increased risk for dementia, Parkinson's, and Alzheimer's
- Chronic fatigue and depression
- Muscle weakness
- Changes in bone structure that make them weaker, softer, and more brittle
- Falls and fractures in older adults

### HOW MUCH DO I NEED?

- Age 1-70: 600 IU daily
- Over 70: 800-1200 IU daily

If your Vitamin D level is low, it may take several months on a high dosage (5,000 IU+ daily) to correct the deficiency.



### WHO SHOULD SUPPLEMENT?

Many experts suggest that everyone take a Vitamin D supplement (up to 5,000 mg daily) to ensure healthy levels. However, it is undisputed that anyone over the age of 70 and anyone who has tested below the normal range should supplement. (Speak with your doctor about dosage, as it varies person to person). If you are obese, have undergone gastric bypass surgery, take statins (cholesterol medication), or have IBS (ulcerative colitis, crohns, celiac, systic fibrosis, liver disease), you are at a high risk for deficiency and should consider supplementation.

Vitamin D has negative interactions with some over the counter medications and supplements and some prescription medication. Supplementing can be dangerous if you have certain medical conditions. You should talk to your doctor before beginning supplementation.