

VITAMIN D

The Sunshine Vitamin

Your Go-To Guide For Boosting Vitamin D Levels:

Why You Need Vitamin D

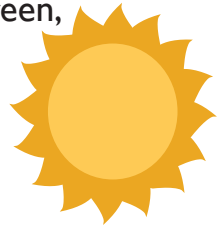
- ✓ Fights depression and the “winter blues”
- ✓ Reduces asthma
- ✓ Healthy Immune System
- ✓ Bone Strength
- ✓ Boosts Brain Power
- ✓ Cancer Protection
- ✓ Heart Health
- ✓ Reduces Inflammation
- ✓ Improves Sleep

How to Boost Vitamin D Levels

GET
SOME
SUN

Get 10-15 minutes of sunlight on your skin, without sunscreen, between 10 am and 2 pm, when possible.

Get just enough to turn your skin slightly pink, but avoid so much that you develop redness.



Eat More Vitamin D Rich Foods

- The Recommended Dietary Allowance (RDA) for ages 1-70 is 600 IU's daily, ages 71 + is 800 IU's daily. But most people need much higher amounts for optimal health and blood levels.
- ✓ Cod liver oil: 1 teaspoon = 453 IU
 - ✓ Sardines: 3 ounces = 156 IU
 - ✓ Salmon: 3 ounces = 447 IU
 - ✓ Mackerel: 3 ounces: 392 IU
 - ✓ Tuna: 3 ounces = 154 IU
 - ✓ Egg Yolks: 1 large = 41 IU
 - ✓ Mushrooms: 1 cup = 6 IU

Why You Need Vitamin D

Ask your doctor for a 25-hydroxyvitamin D test. This test will give you an idea of how much vitamin D you may need to supplement. Aim for levels between 50-80 ng/mL.

ReTest Every 3-6 Months

Vitamin D is a hormone, so levels can fluctuate. Seasonal changes impact it also.

Take the Right Form & Amount

Use D3, not D2 supplements, and take it with a meal. Correct deficiencies with 5,000 to 10,000 IU's of Vitamin D3 for three months under your healthcare providers supervision. When your vitamin D level is replenished, reduce to a maintenance dose of 2,000-4,000 IU's daily, or as recommended by your healthcare provider.