

VITAMIN D

THE SUNSHINE VITAMIN



Vitamin D has been shown to be the single most important nutrient for overall health and functioning of our bodies

Vitamin D promotes the absorption of calcium and regulates the amount of phosphate in the body. These actions are essential for strong and healthy bones, reducing risk of bone deformations or fractures, especially as we age.

VITAMIN D HEALTH BENEFITS

Greatly reduces inflammation

Helps maintenance of healthy musculoskeletal structure

Supports the healthy immune function

Supports a healthy mood

Supports brain health

Helps to prevent autoimmune diseases

Crucial for the absorption and use of calcium and phosphorus

'Vitamin D is one of the most potent anti oxidants in the body.

Vitamin D is the protective nutrient and primary antioxidant for omega-3 fats' - Primal Body, Primal Mind - Nora T. Gedgaudas

CAUSES OF VITAMIN D DEFICIENCY

You don't consume the recommended levels of the vitamin over time. Most of the natural sources are animal-based, including fish and fish oils, egg yolks, fortified milk, and beef liver, so if you follow a strict vegan diet then you may be deficient.

Your exposure to sunlight is limited. Because the body makes vitamin D when your skin is exposed to sunlight, you may be at risk of deficiency if you are homebound, or have an occupation that prevents sun exposure

Your digestive tract cannot adequately absorb vitamin D. Certain medical problems, including Crohn's disease, cystic fibrosis, and celiac disease, can affect your intestine's ability to absorb vitamin D from the food you eat.

You are overweight. Vitamin D is extracted from the blood by fat cells, altering its release into the circulation. People with a body mass index of 30 or greater often have low blood levels of vitamin D.

Vitamin D is the only nutrient your body produces when exposed to sunlight. However, up to 50% of the world's population may not get enough sun, which may be leading to a vitamin D deficiency. This is partly because people spend more time indoors, wear sunblock outside and eat a Western diet low in good sources of this vitamin.

Exposure to sunlight is still the very best way to get the vitamin D you need in order to prevent vitamin D deficiency symptoms. Vitamin D gotten from sun exposure is much more naturally regulated in the body and probably the most safest way to get Vitamin D, though it isn't always practical.

However, eating foods that are rich in vitamin D also helps you acquire more, so try adding these good-quality, natural sources of vitamin D into your diet regularly. Supplementation is also available and can provide a megadose of vitamin D to help you meet your needs in just one single serving. If you do decide to take a supplement, opt for a high-quality, select a form that uses vitamin D3 instead of vitamin D2 to help maximize absorption.



TOP 10 VITAMIN D SOURCES

- 1 Sunlight
Promotes synthesis in the skin
- 2 Cod Liver Oil
1 tsp | 440 IU **100% DV**
- 3 Salmon
3 oz | 400 IU **100% DV**
- 4 Mackerel
3 oz | 400 IU **100% DV**
- 5 Tuna
3 oz | 228 IU **57% DV**
- 6 Sardines
3 oz | 164 IU **41% DV**
- 7 Raw Milk
1 cup | 98 IU **24% DV**
- 8 Eggs
1 large | 41 IU **10% DV**
- 9 Caviar
1 oz | 33 IU **8% DV**
- 10 Mushrooms
1 cup | 2 IU **1% DV**

Top Sources of VITAMIN D

The benefits of eating vitamin D foods are significant

- May aid in weight management
- Boosts brain health
- May help prevent cancer formation
- Strengthens bones
- Improves immune function

Children under 12 months	400 IU per day
Individuals ages 1-70	600 IU per day
Individuals ages 70+	800 IU per day

For supplements and multivitamins: Vitamin D3 is the form most often used because it's more effective at increasing serum levels of vitamin D

TOP 12 SOURCES OF VITAMIN D?

Get them into your life to reap the rewards

Sunlight	5-30 minutes of sun exposure 2x a week 100% DV
Cod Liver Oil	1tbsp 1380 IU 100% DV
Wild-Caught Salmon	3 oz 447 IU 100% DV
Mackerel	3 oz 306 IU 76% DV
Tuna Fish	3 oz 154 IU 39% DV
Fortified Milk	1 c 124 IU 31% DV
Sardines	2 sardines 47 IU 12% DV
Beef Liver	3 oz 42 IU 11% DV
Eggs	1 egg 41 IU 10% DV
Fortified Cereal	1 c 40 IU 10% DV
Caviar	1tbsp 37 IU 9% DV
Mushrooms	1 c 2 IU 1% DV

VITAMIN D BENEFITS

- Contributes to Bone Health
- Helps Manage Blood Sugar Levels and Can Prevent Diabetes
- Protects Against Cancer
- Combats Heart Disease
- Enhances the Immune System
- Facilitates Hormone Regulation and Helps Improve Mood
- Helps with Concentration, Learning and Memory

MANY PEOPLE EXPERIENCE A DEFICIENCY OR A DECLINE IN THEIR VITAL NUTRIENTS AND HORMONES, ESPECIALLY AS WE AGE.

JOIN US FOR OUR
AGEING GRACEFULLY WORKSHOP
22ND MAY @ 7PM
EXPLORE THE FUNCTIONAL AND OPTIMIZING APPROACH TO AGEING.