



# Vitamin D

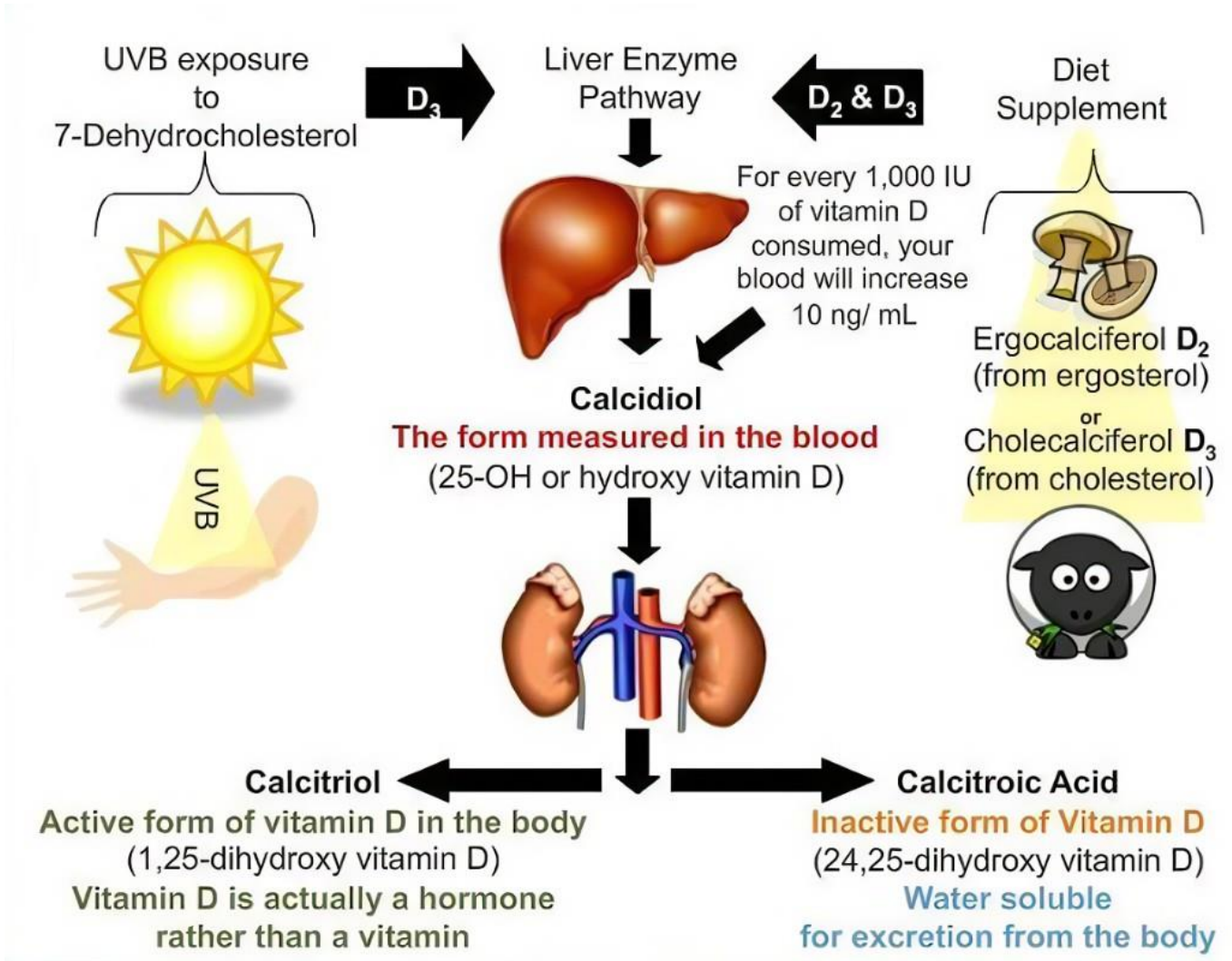
Are you getting enough?

## What is vitamin D?

... It starts out as cholesterol, gets its tweak from sunlight, another tweak as it passes through the liver and a final change in the kidneys where it is turned into *active vitamin D*, which is a hormone

Hormones are powerful compounds that regulate various activities in our body. The blood level of our hormones must be tightly controlled and this includes *active vitamin D*

The best source of vitamin D is exposure to sunlight



## What are food sources of vitamin D?



When exposed to UVB light



Some foods are fortified with vitamin D, such as certain yogurts, breakfast cereals, margarine, and plant-based alternatives to milk ...

# How else can we get vitamin D?



Tablets / capsules



Oral spray



Oral spray



UVB light source



Drops



Drops

## What does vitamin D do?



Helps ensure strong bones



Supports immune function



Reduces risk of type 2 diabetes, coronary heart disease, cancer or other conditions?

Can low blood levels of vitamin D be a cause of depression?



## How much vitamin D do we need?

- The RNI for vitamin D 400IU (10ug) a day
- A serving of oily fish provides around 400IU (10ug) vitamin D - unless you're a dolphin or seal, eating oily fish every day is unlikely to happen!
- The RNI for vitamin D is considerably lower than the dose of vitamin D (~30ug a day) required by sun-avoiders
- Most people can meet their vitamin D requirement by taking a daily supplement providing 1000-2000IU (25-50ug) vitamin D
- Taking up to 4000IU (100ug) vitamin D a day is safe