

# 7060 - Vitamin D Considerations



Vitamin D is a fat-soluble vitamin that is naturally present in very few foods. It is often added to foods and is available as a dietary supplement. It is also produced when ultraviolet rays from sunlight strike the skin and trigger vitamin D synthesis.

**Therefore, we get Vitamin D through three sources:**

- ✓ exposure to sunlight
- ✓ food containing vitamin D
- ✓ supplements

**Vitamin D has many roles in human health:**

- ✓ Involved in the neuromuscular and immune systems
- ✓ Essential for promoting calcium absorption in the gut
- ✓ Plays a part in reducing inflammation
- ✓ Contributes to many cell functions throughout the body
- ✓ Necessary for strong healthy bones and muscles- especially in children and the elderly
- ✓ Research suggests the Vitamin D may reduce the risk of some types of Cancers

**Foods sources of Vitamin D:**

Natural Sources	Fortified
Fish (Salmon, Trout, Tuna, Herring) Egg Yolk Liver	Milk Juice Margarine

**You are at higher risk of not getting enough vitamin D if you:** are elderly, have dark skin, don't go outside very much, or wear clothing covering most of your skin. If you are in one of these groups you may want to consult with your doctor about whether you should take a vitamin D supplement year round.

**Adequate Intakes (AIs) for Vitamin D**

Age	Children	Men	Women	Pregnancy	Lactation
Birth to 13 years	5 mcg (200 IU)				
14-18 years		5 mcg (200 IU)	5 mcg (200 IU)	5 mcg (200 IU)	5 mcg (200 IU)
19-50 years		5 mcg (200 IU)	5 mcg (200 IU)	5 mcg (200 IU)	5 mcg (200 IU)
51-70 years		10 mcg (400 IU)	10 mcg (400 IU)		
71+ years		15 mcg (600 IU)	15 mcg (600 IU)		

Source: (<http://ods.od.nih.gov/factsheets/vitamind.asp>)

