



VITAMIN D

WHY YOU NEED THE "SUNSHINE" VITAMIN!



50% of the world's population suffers from vitamin D deficiency.

That means **1 billion** people across the globe don't get enough vitamin D.

5 to 15 minutes of non-peak sun exposure 2x per week is enough for most people.

WARNING!

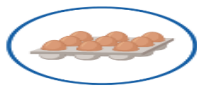
You should always protect your skin with sunscreen, especially after spending 15 minutes outdoors.

THE SUNSHINE VITAMIN

Your skin converts sunlight (UVB light) into vitamin D. You can also get vitamin D from certain foods, such as:



Fatty fish (e.g. salmon, mackerel, & herring)



Egg yolks



Fortified foods (e.g. milk, cheese, orange juice & cereals)

Supplements can also be used as a source of vitamin D.

VITAMIN D & YOUR BODY

Vitamin D helps your body:

- Absorb calcium
- Stimulate bone resorption

Vitamin D deficiency increases the risk of:

- Osteoporosis (bone thinning)
- Osteomalacia (bone softening)
- Muscle weakness
- Hyperparathyroidism
- Early death



WHO NEEDS VITAMIN D?

Children & Young Adults (< 50)

Young people need vitamin D in order to build healthy bones and maintain optimal health.

Recommended Daily Dose

400-800 IU

Vitamin D deficiency before the age of 30 can increase the chances of osteoporosis and other diseases later in life.

Older Adults (50+)

Older adults need even more vitamin D in order to stay healthy and maintain a healthy bone density.

Recommended Daily Dose

800-1,000 IU

90% of adults between the ages of 51 and 70 may not consume enough vitamin D through their diet.

WHO'S AT RISK FOR VITAMIN D DEFICIENCY?



People who avoid the sun

Sunlight is the single most important source of vitamin D.



Older people

Many who live in nursing homes, who are homebound, or who have disabilities suffer from lack of sun exposure and poor diet.



People who suffer from medical conditions

Conditions such as celiac disease and inflammatory bowel disease can inhibit vitamin D absorption.



Women

90% of women may not be getting the recommended daily dose of vitamin D.

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Sources:

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