

Vitamin D – the Sunshine Vitamin!



Do you suffer from unexplained muscle; joint or back pain? You could be lacking vitamin D!

So how much Vitamin D do we need?

The amount of Vitamin D one needs depends on where they live (how much sun they are exposed to and the strength of the sun) their age and also skin tone. Generally, adults need between 400 IU (International Units) and 2000 IU of Vitamin D a day – you can achieve this by doing the following

- Sunshine! 10-15 minutes of sun-exposure a day will get your body to produce Vitamin D without it being a hazard to your health. Remember to avoid going out in the sun during “peak hours” 10am – 3pm. Your body will only produce as much Vitamin D as you need, so there is no risk of overdosing on the sun!
- Drink Vitamin D fortified Orange Juice, Milk and other low-fat dairy products.
- Eat salmon or other fatty fish as a good Vitamin D source. If you don't like to eat fish, a fish oil supplement can help increase your Vitamin D intake.
- Take a daily multi vitamin with at least 600 units of Vitamin D or buy a vitamin D tablet.

A lack of Vitamin D can result in:

- Cardiovascular disease
- Autoimmune Disorders
- Several types of cancer (including breast, colon and prostate)
- Diabetes
- Emotional difficulties
- Decreased brain function in older individuals

