

Vitamin D

Vitamin D is a fat soluble vitamin. Even though Vitamin D is called a vitamin, it works more like a hormone and needs to be optimized for health. Vitamin D helps calcium bone protection. Some benefits of Vitamin D include reducing inflammation and helping control infections. It also helps against bone loss and Osteoporosis, Heart Disease, Cancer and Dementia. Deficiencies in Vitamin D can lead to bone or muscle pain, increased sensitivity to pain, fatigue, weakened immune state and increased risk of fractures.

Sources

Foods High In Vitamin D Include:

- Salmon
- Sardines
- Cod Liver Oil
- Tuna Fish
- Dairy fortified with Vitamin D
- Egg Yolks
- Beef Liver
- Bananas
- Mushrooms

When taking Vit D supplement, as it is a fat soluble vitamin it is important to take with a meal or with some food that is high in good fats.



Sunlight

Getting adequate sunlight is important for healthy Vitamin D levels. However despite adequate sunlight we are seeing multiple people with low Vitamin D levels. This can be due to underlying liver or kidney issues, genetic causes, or not getting enough in dietary sources. It is important to check levels every 6-12 months to maintain optimal levels. Currently in the United States normal Vitamin D levels are between 30-100. Optimal levels to achieve the benefits of Vitamin should be between 70-90.

There are multiple forms of Vitamin D supplementation, including prescription dose of vitamin D. It is important to work with your provider to find the right supplement dose for you and avoid toxic or harmful levels of Vitamin D.