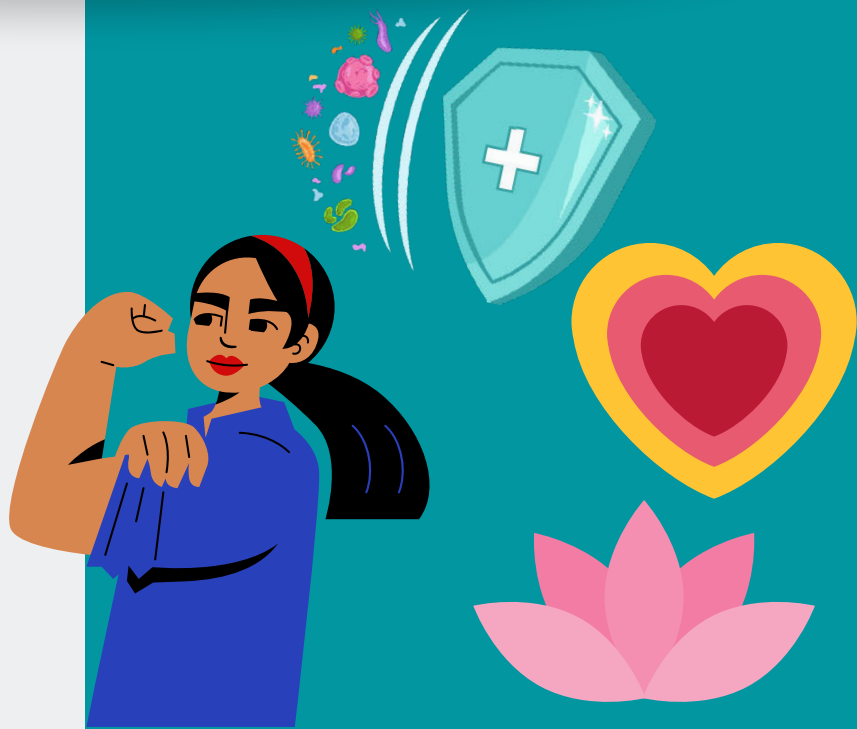


# VITAMIN D3

## 1 Health Benefits

Vitamin D plays a crucial role in:

- Bone Health
- Immune Function
- Cardiovascular Health
- Overall sense of well-being



## 2 Supplementation

- Ideally, check existing vitamin D levels first.
- If unknown, take 5000 IU/day.
- It is best to take vitamin D3 with K2 100 mcg/day, or 800 mcg/week.
- Include magnesium (250-500 mg/day) when doses of vitamin D > 8000 IU/day are taken.

## 3 Sunshine and Foods

- Natural sunlight is a significant contributor, but factors such as geographic location, skin color, and sunscreen use can impact synthesis.
- Foods that contain vitamin D:
  - Salmon
  - Sardines
  - Tuna
  - Cod liver oil
  - Beef
  - Liver
  - Egg yolks
  - Shrimp
  - Mushrooms
  - Milk and Yogurt



## 4 Adequate Levels:

- It is essential to test blood (serum) levels to determine deficiency or sufficiency accurately.
- Vitamin D 25-Hydroxy is the most accurate measure of an individual's vitamin D status.
- The optimal range for Vitamin D 25-Hydroxy is typically considered to be above 50 ng/mL.

## 5 Risk Factors

Certain groups are at higher risk of vitamin D deficiency:

- Older adults.
- People who have limited access to sun exposure.
- Darker skinned individuals.
- Those with medical conditions that decrease fat absorption.

