

IMPORTANCE OF VITAMIN D

What is vitamin D?

Vitamin D — often called the “sunshine vitamin” — is a nutrient that supports the health of our bones, heart & immune system. Research also shows a positive link between Vitamin D and mental health.

Why are so many people Vitamin D deficient?

Did you know? If you don't get enough Vitamin D the body will steal calcium from your bones! **40% of Americans are estimated to be Vitamin D deficient.**

Experts believe this is due to increased time indoors and increased use of sunscreen which blocks ultraviolet rays (UVB) from the sun that are necessary to produce the active form of vitamin D.

Top Sources of Vitamin D:

Sunlight

Infant Formula

Fatty Fish (Salmon, Tuna and Sardines)

Beef Liver

Egg Yolks

Fortified Dairy Products



Vitamin D Requirements for Children:

Under age 1*: 400 IU (International Units) Per Day

Over age 1: 600 IU (International Units) Per Day

*32 fl oz of prepared infant formula contains 400 IU of Vitamin D.

*Exclusively breastfed infants should receive a liquid Vitamin D supplement.



About 10-15 minutes of sunlight on the skin (without sunscreen) twice weekly provides the recommended amount of Vitamin D. After 15 minutes, apply sunscreen.

Symptoms of Vitamin D Deficiency in Children:

Rickets (soft, weak bones and bow legs)
Flattened Skull
Weakened Immune System

Risk Factors for Vitamin D Deficiency:

Exclusively Breastfed Infants*
Living North of 37 Degrees Latitude
Cloudy, Overcast Climate
Darker Skin Tone
Extended Time Indoors
Diet Low in Vitamin D
Frequent Sunscreen Usage
Crohn's Disease
Celiac Disease

* If not receiving Vitamin D through supplementation.



Always consult a physician for proper dosage and other safety information before starting any supplement.

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