What is vitamin D?
Vitamin D helps absorb calcium and keeps your bone, muscles and heart strong.
May prevent diabetes and hypertension

How do I get vitamin D?
Our body makes vitamin D from sun exposure 5 to 30 minutes twice a week
Salmon, tuna and mackerel (best)
Cheese, egg yolks and beef liver
Fortified foods and drinks
Supplements

How much do I need per day?
Birth to 1 year: 400 IU
1 to 70 years: 600 IU
71 and older: 800 IU
Over 75% of Americans have low levels of Vitamin D

Am I at risk for delicacy?
If you have dark skin, are older than 65, have digestive problems (such as Crohn’s and Celiac disease), are obese, or have liver or kidney disease you may be at risk.

What are signs of deficiency?
Muscle cramps, weakness, fatigue, chronic pain, headaches and depression may be signs of low vitamin D levels.

What are signs of too much?
Nausea, constipation, confusion, abnormal heart rhythm and even kidney stones from high calcium.
Stay below 4000 IU per day.

Several medicals interfere with vitamin D’s production or use.

Questions or concerns?
Please ask your provider.