



# How To Get Enough Vitamin D?

## Sunshine and Your Health

☺ If well adults and adolescents regularly avoid sunlight exposure, research indicates a necessity to supplement with at least 5,000 units (IU) of vitamin D daily. To obtain this amount from milk one would need to consume 50 glasses. With a multivitamin more than 10 tablets would be necessary. Neither is advisable.

☺ The skin produces approximately 10,000 IU vitamin D in response 20-30 minutes summer sun exposure—50 times more than the US government's recommendation of 200 IU per day.

## There are 3 ways for adults to ensure adequate levels of vitamin D:

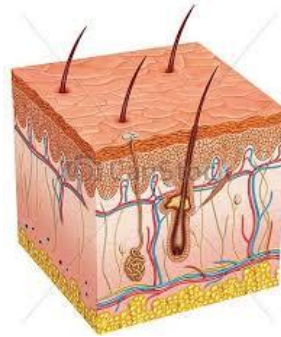
\*Regularly receive midday sun exposure in the late spring, summer, and early fall, exposing as much of the skin as possible (being careful to never burn).

\*Take 5,000 IU per day for 2-3 months, then obtain a 25-hydroxyvitamin D test. Adjust your dosage so that blood levels are between 50-80 ng/mL (or 125-200 nM/L) year-round.

\*N.B. Vitamin D co-factors. Magnesium, Zinc. Boron, Vitamin K2, genesten and small amounts of Vitamin A.

# Sources of Vitamin D

1. Cholecalciferol" Vitamin D3 is formed in the skin and



is found in Oil -rich fish, as well.



2. Vitamin D2 is obtained from UVB irradiation to yeast sterol Ergo sterol( sun exposed mushroom).



3. Studies show that if you go out in summer under the sun in your bathing suit until your skin just begins to turn pink, you make between 10,000 and 50,000 units of Cholecalciferol in your skin.



4. The skin does another amazing thing with Cholecalciferol. It prevents vitamin D toxicity. Once you make about 20,000 units, the same ultraviolet light that created Cholecalciferol begins to degrade it.