



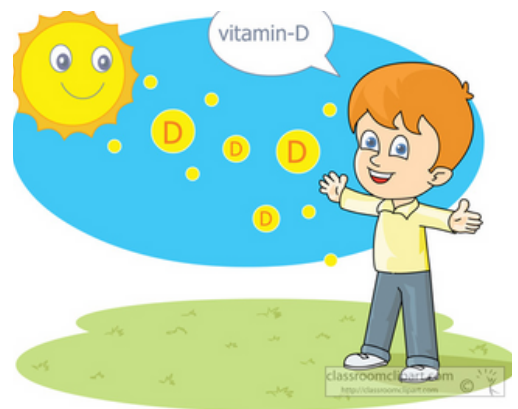
Vitamin D



The importance of sunlight for immunity, calcium absorption, and bone growth

MAIN FUNCTIONS

- Required for the absorption of calcium
- Helps with bone and teeth growth
- Aids in muscle development
- Immune functions



DEFICIENCY CONDITIONS

Deficiency can develop due to poor intake in food or limited sun exposure. Groups at risk include breastfed infants, older adults, and those with dark skin.



Food Sources

Food Source	Micrograms Per Serving
Salmon (3 ounces)	14.2 mcg
Mushrooms (grown in UV light)	9.2 mcg
Almond Milk	3 mcg
Cow's Milk	2.9 mcg

Supplements

- Naturewise Vitamin D3 125mcg per softgel
- Nordic Naturals Zero Sugar Vitamin D3 Gummies 25 mcg per gummy
- FullWell Prenatal Vitamin 100 mcg
- Carlson Labs Kid's Super Daily D3 + K2 25 mcg



Recommended Daily Intake (RDA)

The RDA for Vitamin D for ages 1-70 is 15 mcg per day for males and females (non-pregnant, pregnant, and lactating)



Fun Facts!

- Sunlight rays that make vitamin D do not pierce glass; You cannot get vitamin D inside a building and must be outside
- Various sunscreens can block vitamin D production and cause deficiency
- People who have darker skin require more time in the sun to get vitamin D
- Further one lives away from the equator increases sunlight time needed to make vitamin D

