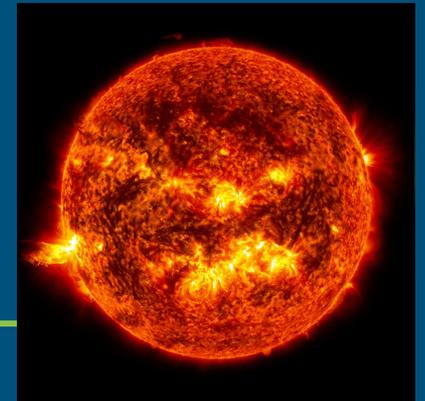


Vitamin D: Are You Getting Enough?

By: Erik & Ona



What is Vitamin D and why is it important?

This vitamin is proven to be unlike all the others. It demonstrates how most cells grow and perform through being converted into an active hormone. When this vitamin is mentioned many think of it just being a calcium source that builds strong bones and improves muscle strength and balance, but what people don't know about this substance is in many studies it has proven to boost the immune system. Furthermore, in other studies it may help prevent cancer.

Indicators that you may not be getting enough Vitamin D

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- If you have dark skin...
 - If you train indoors...
 - If you wear sunscreen on a daily basis...
 - If you have a spinal cord injury...
 - If you train fully covered for sports like skiing or snowboarding...
 - If you live in Canada during the winter time...

If you answered yes to any of these statements you should be advised to take a vitamin D supplement to get your dose of the sunshine vitamin.



How much Vitamin D is enough?

From April to September, the recommended dosage (of the vitamin D supplement) 600 IU every day. October to March is 1000 IU per day because of the lack of sun in Vancouver. When travelling to sunny places it is usually not necessary to take any vitamin D supplements. The maximum safe dose is 2000 IU per day. Taking too much can cause problems in your kidneys, hypercalcemia and other ailments. Brands like Natural Factors, Jamieson and Swiss sell vitamin D supplements in 400 IU and 1000 IU doses.



How much sun do you need?

A more natural source of getting vitamin D is by being out in the sun everyday for atleast 15-30 minutes. The best time of the day to soak in the sun is during midday, when your shadow is shorter than your height. After this small amount of time being freely exposed to the sun, lather on the sunscreen to prevent skin cancer and sunburn because even though a vitamin can be found in the sun many dangers still hover around.



Where can you find it or get it from?

Many foods contain this, but it is more elusive than other vitamins. The summary of the foods in which it can be found in is; fish, egg yolk and fortified dairy products. Some more specific examples include;

- Salmon, sockeye, halibut, tuna
- Cod liver oil
- Oysters
- Sardines
- Egg yolk
- Yogurt
- Rice
- Soy milk or fortified milk
- Fortified margarine



Vitamin D Food Source	IUs per serving
High Vitamin Cod Liver Oil, 1 tsp	1,150
Standard Cod Liver Oil, 1 tsp	400
Salmon, cooked, 3.5 oz	360
Mackerel, cooked, 3.5 oz	345
Tuna, canned in oil, 3 oz	200
Sardines, canned in oil, drained, 1.75 oz	250
Egg Yolk	20
Beef Liver, cooked, 3.5 oz	15
Cheese, swiss, 1 oz	12

Source: National Institutes of Health, 2009

Questions

What is the maximum dosage of vitamin d supplements that you should take in a day? (in IU)

Name one brand that sells vitamin D supplements

How much sun should you get everyday?

Answers

- 1.) 2000 IU
- 2.) Natural Factors, Jamieson, and Swiss
- 3.) minimum 15-30 minutes everyday