

Vitamin D: All You Need to Know

Functions:

- Promotes the absorption of calcium,
- Regulates bone growth
- Plays a role in immune function.

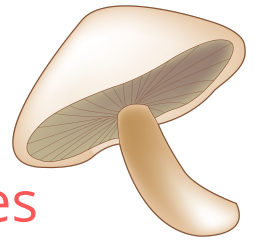
Warren County
Health District



Public Health
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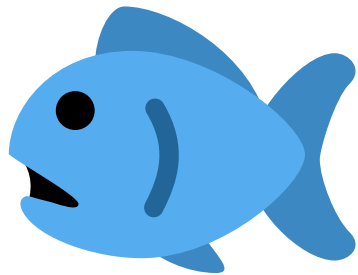
The vitamin comes in two main forms

1. Vitamin D2 (ergocalciferol): plant sources
2. Vitamin D3 (cholecalciferol): animal sources



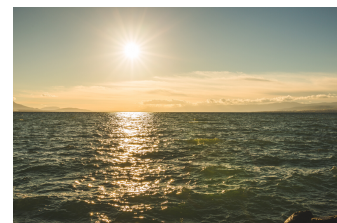
Sources of Vitamin D3:

- Oily fish and fish oil
- Liver
- Milk
- Egg yolk
- Butter
- Dietary supplements



Sources of Vitamin D2 (most common in fortified foods):

- Mushrooms (grown in UV light)
- Fortified foods



*Your skin makes vitamin D3 when it's exposed to sunlight

- Vitamin D3 appears to be better than D2 at improving vitamin D status.

How to Improve Your Vitamin D Status:

- Select mushrooms that have been exposed to ultraviolet light
- Take fish oil supplements such as cod liver oil
- Eat fatty fish twice a week
- Choose milk that's been fortified with vitamin D
 - Cow's milk contains D3
 - Most other milks contain D2
- Eat some eggs and butter
- Spend at least half an hour in the sun daily, if possible
 - Ensure hands, feet, and face exposed if possible
 - Best window of time for vitamin D between 11 am and 1 pm
- If you take vitamin D supplements, make sure not to exceed the safe upper intake level, which is 4,000 IU (100 micrograms) per day for adults
 - The recommended daily allowance is 400–800 IU (10–20 micrograms), but common supplemental doses range from 1,000–2,000 IU (25–50 micrograms) per day

