

THE ABC OF VITAMIN D

FUNCTION



It plays a role in keeping our bones, teeth, and muscles strong and healthy.
It regulates the amount of calcium and phosphorous in our blood and supports our immune function.

RECOMENDED DOSE

The recommended nutrient intake for all people aged 4 and above is 10ug everyday.

Between October and March, it is suggested that we all consider getting this through a supplement. The other months, we can get enough via food and sunshine.



SOURCES

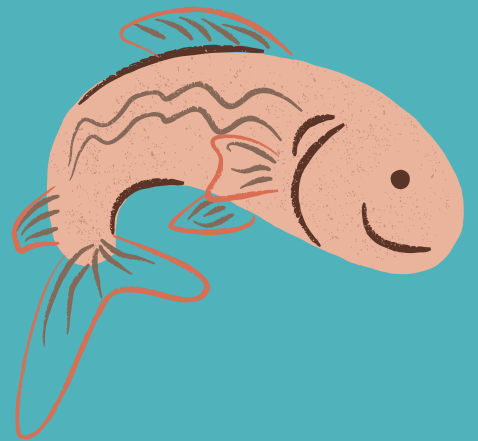


Vitamin D is referred to as the sunshine vitamin as we can produce a small amount of it via our skin, from UVB exposure.

Between 15 to 30 minutes of sun exposure, on uncovered skin and without sunscreen should be enough.
Be careful not to burn and take care in the sun, especially during the hottest time of the day.

FOOD SOURCES

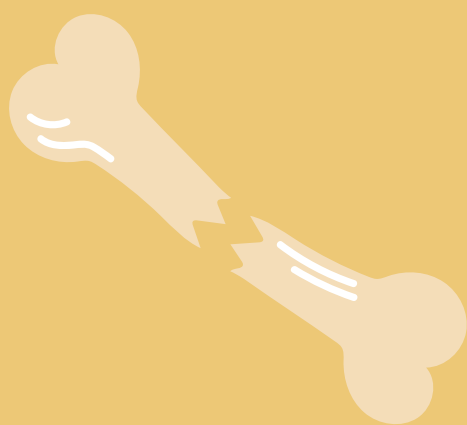
Oily fish (salmon, herring, mackerel, anchovies and sardines).
Eggs
Red meat
Liver
Fortified fat spread formula milks
Fortified breakfast cereals
Fortified plant-based drink alternatives and dairy alternatives.
Mushrooms exposed to sunlight



DEFICIENCIES

Soft and brittle bones, leading to deformities.
Rickets: Bone pain, poor growth and soft bones.

Too much vitamin d can lead to hypercalcaemia: vomiting, renal failure, weakness and frequent need to urinate.



SUMMARY

As a guide, get 10ug everyday. This can be done through supplements and dietary sources, alongside a healthy balanced diet. If concerned, speak to a registered health professional.

