

# D<sub>3</sub> vitamin

# The Sunshine VITAMIN

## Who is at risk of Vit D Deficiency?

# 85%

lower-than-optimal  
vitamin D levels

### People With Limited Sun Exposure

We need 10-15 minutes of UVB per day with 40% of our skin exposed.

### Overweight People

Vitamin D is oil soluble & hides in fat.

### Pregnant Women

Those with pregnancy-related high blood pressure or preeclampsia, have lower blood levels of D.

### The Elderly

As you age, your skin loses the ability to generate Vitamin D.

### Dark-Skinned People

The pigmentation of darker-skinned people blocks UVB radiation.

### Infants

Human breast milk contains low levels of vitamin D.

## TOP 10 VITAMIN D FOODS

DrAxe.com  
FOOD IS MEDICINE



# 1

**SUNLIGHT**  
PROMOTES  
SYNTHESIS IN  
THE SKIN

**COD LIVER OIL**

440 IU  
(100% DV)  
1 TSP

# 2



# 3

**SALMON**  
400 IU  
(100% DV)  
3 OZ

**MACKEREL**

400 IU  
(100% DV)  
3 OZ

# 4



# 5

**TUNA**  
228 IU  
(57% DV)  
3 OZ

**SARDINES**

164 IU  
(41% DV)  
3 OZ

# 6



# 7

**RAW MILK**  
98 IU  
(24% DV)  
1 CUP

**EGGS**

41 IU  
(10% DV)  
1 LARGE

# 8



# 9

**CAVIAR**  
33 IU  
(8% DV)  
1 OZ

**MUSHROOMS**

2 IU  
(1% DV)  
1 CUP

# 10

