

8 Signs You Need To Be Getting More Vitamin D

Sadness

Women with low levels of D are twice as likely to combat depression



Sleepiness

Lower levels of vitamin D were linked to higher levels of daytime sleepiness.

High Blood Pressure

Vitamin D plays a role in heart health, helping to regulate blood pressure. So when you don't get enough, your blood pressure can creep up.



Extreme Crankiness

Before you blame your grouchiness on PMS, know that D affects the levels of serotonin in your brain—which also impacts your mood.



Greater Pain Sensitivity

Insufficient levels of vitamin D have been linked to chronic pain.



Muscle Weakness

Decreased muscular size can be the result of not enough vitamin D in muscle and nerve tissue.



Decreased Endurance

Some studies have shown reduced aerobic capacity and overall endurance in athletes with low vitamin D levels.



Stress Fractures

When you're low in the nutrient, your bones become weakened, meaning your risk for stress fractures increases.

WHAT IS VITAMIN D?

Vitamin D is produced when your body is exposed to **sunlight**. You can also get vitamin D through **supplementation** and minimal amounts from certain **foods** you eat.



- SUNLIGHT
- SUPPLEMENTS
- DIET



Vitamin D is important for overall health and strong, healthy bones. It is also an important factor in ensuring your **muscles, heart, lungs and brain** are working properly and your body can fight infection.

- + BONES
- + MUSCLES
- + HEART
- + LUNGS
- + BRAIN

VITAMIN D COUNCIL RECOMMENDATIONS

The best way to get the vitamin D your body needs is by receiving safe, sensible sun exposure when your shadow is shorter than you are tall. However, when this is not an option, we recommend supplementing with 5,000 to 10,000 IU/day of vitamin D3.

5,000 - 10,000 IU/DAY

WHAT'S THE BIG DEAL WITH VITAMIN D?

Approximately 1/3 of the worldwide population is deficient.

- 1 **limited time in the sun**
(fear of skin cancer, increased amount of time inside working, video games, TV)
- 2 **skin type, place in the world, time of year, time of day**



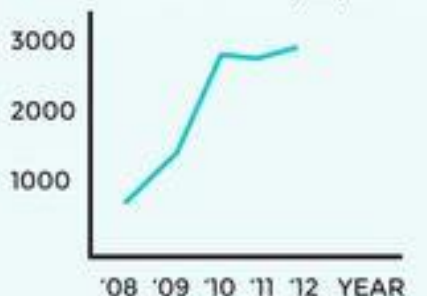
COMPLICATIONS OF DEFICIENCY

- fatigue, weakness, sore muscles
- low bone density (osteomalacia in adults and rickets in children)
- vitamin D deficiency is linked with at least 45 chronic health conditions

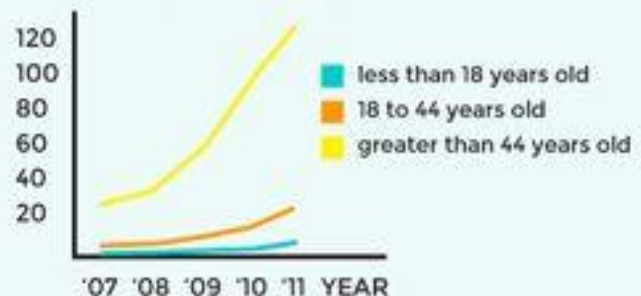
LOW BONE DENSITY FATIGUE **CANCER** rickets SORE MUSCLES
AUTISM multiple sclerosis WEAKNESS

PREVENTION

More and more people are becoming aware of the benefits of vitamin D.



INCREASE IN ORDERS FOR VITAMIN D TESTING



VITAMIN D PRESCRIPTIONS PER 1,000 ACTIVE DUTY PERSONNEL