

VITAMIN D



WHAT IS VITAMIN D?

- *Vitamin D can be found in fatty fish, fish oil, some plant based products, and eggs.*
 - *Only about 50% of the vitamin D consumed is absorbed by the body.*
- *Vitamin D is mostly formed in the skin from sunlight exposure. However, many external factors can result in a decreased rate of absorption.*
 - *For example: skin coverage by clothing, sunblock, different seasons and amount of melanin in the skin can block the absorption rate of vitamin D.*



WHY IS VITAMIN D IMPORTANT?



- *It helps with immune cell function, which means your body's immune system's ability to fight off things that your body comes in contact with.*
 - *This is important for preventing and overcoming sickness and diseases.*
- *It helps with calcium homeostasis, which means a stable equilibrium of the amount of calcium the body has.*
 - *This is important for bones and muscles.*
- *It modulates skeletal muscle (the muscles surrounding your skeleton) and cardiac muscle (the muscle in your heart) function.*
 - *This is important for being able to voluntarily use your muscles and for you heart to beat properly.*



WHO NEEDS VITAMIN D?

1. *People who have a Vitamin D level of less than 30 ng/mL are considered deficient.*
2. *Post-menopausal women*
3. *Athletes, especially for indoor sports.*
4. *Master athletes (above the age 35)*
5. *Most people during the winter/early spring*
6. *Older Adults*
7. *Obese individuals*
8. *Individuals who live at higher latitudes*



HOW MUCH OF VITAMIN D IS NEEDED?

Children (0-18 years):	Recommended intake of 400-1,000 IU/day Upper limit: 2,000-4,000 IU/day
Adults (19-70 years):	Recommended intake of 1,500-2,000 IU/day Upper limit: 10,000 IU/day
Adult Athletes:	Recommended intake: 3,000-5,000 IU/day Upper limit: 10,000 IU/day
Older adults (>70 years):	Recommended intake of 1,500-2,000 IU/day Upper limit: 10,000 IU/day
Pregnancy/lactation:	Recommended intake (14-18 years): 600-1,000 IU/day Recommended intake (19-50 years): 1,500-2,000 IU/day Upper limit: 10,000 IU/day

**CONTACT US FOR MORE INFORMATION ON NUTRITIONAL SUPPLEMENTS
AT: GNG@FAIRWAYVENTURESGROUP.COM**

RESOURCES

1. Brisswalter, J., & Louis, J. (2013). Vitamin Supplementation Benefits in Master Athletes. *Sports Medicine*, 44(5), 311-318. doi:10.1007/s40279-013-0126-x
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3. Moran, D. S., McClung, J. P., Kohen, T., & Lieberman, H. R. (2013). Vitamin D and Physical Performance. *Sports Medicine*, 43, 601-611.
4. Ogan, D., & Pritchett, K. (2013). Vitamin D and the Athlete: Risks, Recommendations, and Benefits. *Nutrients*, 5.
5. Vitamin D. (2017, October 18). Retrieved October 30, 2020, from <https://www.mayoclinic.org/drugs-supplements-vitamin-d/art-20363792>
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7. Trovas, G., Tournis, S. Vitamin D and COVID-19. *Hormones* (2020). <https://doi.org/10.1007/s42000-020-00231-9>

