



Take Care of YOU

A Health and Wellness Bulletin | December 2022



Are You Vitamin D Deficient?

Dietary Sources of Vitamin D

- Salmon
- Mackerel
- Herring
- Mushrooms
- Eggs
- Liver
- Vitamin D3 supplements*

**The recommended daily amount of Vitamin D3 is 600 IU for adults 18-70, and 800 IU for adults 70+. However, most people will need about 2000 units per day. Daily doses over 4000 units are considered unsafe unless under the care of a healthcare professional.*

It is estimated that about 40% of the general population in the U.S. do not have enough Vitamin D. In Alaska, that number is much higher, with most of the population being Vitamin D deficient.

There are many reasons we don't have enough Vitamin D, such as aging, obesity, skin pigmentation, and lack of natural and fortified food and beverage sources. For those of us living in Alaska, there is limited exposure to sunlight for at least five months out of the year, which is a big contributor.

Vitamin D is essential to our health; it is used to promote bone health, support immune health, regulate mood, and more. We get Vitamin D in two ways - 1) sun exposure, and 2) diet. In order to have sufficient Vitamin D levels, you need an average of 30 minutes of midday sunlight exposure several times a week.

Talk to your doctor if you suspect you may have low Vitamin D levels. Symptoms include muscle weakness, fatigue, and bone pain. Your doctor will determine whether testing your Vitamin D levels is appropriate as well as whether dietary changes and/or Vitamin D supplements are necessary.