

HEALTH & WELLBEING

Vitamin D

VITAMIN D has an abundance of important functions to keep the body happy and healthy! Recognising that you may have a “D-efficiency” is the first step in getting back on track.



BENEFITS OF THE **D**

The primary role of Vitamin D is to support and maintain the health of bones and teeth. This is due to Vitamin D's ability to regulate the absorption of calcium and phosphorus as well as assisting in immune function. This explains why 80% of hip fracture patients are deficient in Vitamin D.



THE **D** FIGHTS DISEASE!

Vitamin D plays a role in protecting the body from cardiovascular disease, decreases the risk of type 2 diabetes and helps to prevent some types of cancer such as colon, breast, ovarian and prostate.



HOW MUCH **D** DO WE NEED?

Vitamin D is produced naturally by the body when it is exposed to direct sunlight. Just 5 – 10 minutes per day, 2 – 3 times a week is all the body requires to meet the recommended daily intake. Unfortunately, this has to be constantly topped up as Vitamin D can only be stored for two weeks.

The amount of Vitamin D you absorb is dependent on the time of day, where you live, the colour of your skin and the amount of skin that is exposed. People with darker skin obtain less Vitamin D from the sun because the melanin doesn't absorb as much UV radiation.

HOW MUCH SUN IS ENOUGH



ALL YEAR
A few minutes on most days

JUNE – JULY
2–3 hours per week
SUMMER
A few minutes on most days

MAY– AUGUST
2–3 hours per week
SUMMER
A few minutes on most days

Tips to get more of the D!

- Have lunch outside
- Take a walk between 11am and 2pm
- Park a little further away to increase exposure time
- Have eggs for breakfast
- Eat more oily fish