



8

**REASONS TO
SUPPLEMENT
VITAMIN D**

BUILDS STRONGER BONES.

VITAMIN D AIDS ABSORPTION OF CALCIUM IN THE GUT ALLOWING FOR NORMAL MINERALISATION OF BONES. BASICALLY, THE CALCIUM THAT HELPS OUR BONES WOULDN'T BE ABLE TO DO ITS JOB WITHOUT VITAMIN D AND SO IT IS ESSENTIAL FOR STRONG BONES AND SKELETAL GROWTH.

MAY BUILD STRONGER MUSCLES.

IN RESEARCH, PEOPLE WITH HIGHER LEAN MASS AND MUSCLE MASS WERE FOUND TO HAVE HIGHER LEVELS OF ACTIVE VITAMIN D. THIS SUGGESTS THAT VITAMIN D MAY HELP PROMOTE MUSCLE STRENGTH IN HEALTHY INDIVIDUALS.

REDUCES

FALLS IN

ELDERLY.

THE RISK OF FALLS IN THE OLDER POPULATION SEEMS TO BE DRAMATICALLY LOWER WITH VITAMIN D SUPPLEMENTATION (ALONGSIDE CALCIUM) OF 700-1000 IU PER DAY, REDUCING BONE FRACTURES AND RISK OF DEATH FROM POOR QUALITY OF LIFE AFTER FALLING. DOSES LOWER THAN 700 IU DAILY DO NOT APPEAR EFFECTIVE.

SUPPORTS THE IMMUNE SYSTEM.

VITAMIN D IS KNOWN TO ENHANCE FUNCTION OF IMMUNE CELLS LIKE T CELLS AND MACROPHAGES. THESE PROTECT US FROM PATHOGENS. LOW LEVELS OF VITAMIN D HAVE BEEN ASSOCIATED WITH INCREASED SUSCEPTIBILITY TO INFECTIONS, DISEASES, AND IMMUNE DISORDERS. A RECENT STUDY SHOWS PATIENTS HOSPITALISED WITH COVID-19 THAT HAVE SUFFICIENT LEVELS OF VITAMIN D HAD A REDUCED RISK OF ADVERSE OUTCOMES AND EVEN DEATH.

MAY HELP TO PREVENT DEPRESSION.

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ACCORDING TO A 2017 REVIEW, RESEARCHERS FOUND "A SIGNIFICANT RELATIONSHIP BETWEEN DEPRESSION AND VITAMIN D DEFICIENCY." THEY ADVISED SCREENING FOR VITAMIN D DEFICIENCY IN THOSE WITH DEPRESSION AS IT WAS A COST EFFECTIVE WAY OF POTENTIALLY IMPROVING SYMPTOMS. IN ONE STUDY, SCIENTISTS FOUND PEOPLE WITH DEPRESSION GIVEN VITAMIN D SUPPLEMENTS NOTICED AN OVERALL IMPROVEMENT IN THEIR SYMPTOMS.

MAY HELP TO PREVENT SOME CANCERS.

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EMERGING STUDIES ARE FINDING IMPROVED OUTCOMES OF COLORECTAL, BREAST, PROSTATE, AND PANCREATIC CANCERS WITH ADEQUATE VITAMIN D. IT HAS ALSO BEEN NOTED TO REDUCE THE RISK OF DEVELOPING CANCER - PEOPLE LIVING IN SUNNY, WARMER CLIMATES WITH HIGHER VITAMIN D LEVELS WERE SHOWN TO HAVE A REDUCED RISK OVERALL OF DEVELOPING AND DYING FROM CANCER.

CAN REDUCE FREQUENCY OF ASTHMA ATTACKS.

IN ASTHMATIC PEOPLE IT IS SHOWN THAT HAVING HIGHER VITAMIN D LEVELS APPEARS TO REDUCE THE FREQUENCY OF ASTHMA ATTACKS WHEN COMPARED TO SUFFERERS WITH LOWER VITAMIN D LEVELS.

MAY REDUCE RISK OF MULTIPLE SCLEROSIS

A STUDY HAS SHOWN THAT THE RISK OF DEVELOPING MULTIPLE SCLEROSIS IS SIGNIFICANTLY REDUCED BY EXPOSURE TO SUNLIGHT AS WELL AS SUPPLEMENTAL VITAMIN D.

[HTTPS://EXAMINE.COM/TOPICS/RISK-OF-MULTIPLE-SCLEROSIS/#HEM-VITAMIN-D](https://examine.com/topics/risk-of-multiple-sclerosis/#hem-vitamin-d)

THE RECOMMENDED DOSE OF VITAMIN D IS 1000-2000 IU / DAY. SOME PEOPLE MAY REQUIRE MORE DUE TO HIGHER BODY WEIGHT OR LACK OF ABSORPTION FROM SUNLIGHT (SUCH AS DARKER SKIN INDIVIDUALS DUE TO HAVING MORE MELANIN, REDUCING SKIN'S ABILITY TO ABSORB VITAMIN D FROM SUNLIGHT).

RESEARCH SUGGESTS THE TRUE UPPER TOLERABLE INTAKE LEVEL IS 10,000IU/DAY.

DOSE INFORMATION BASED ON DATA PUBLISHED BY EXAMINE.COM