

# VITAMIN D – SUNLIGHT OR SUPPLEMENTATION?

Vitamin D is a fat-soluble nutrient that plays a key role in almost all of our physiological functions. As an immune system regulator, vitamin D is absolutely vital to vibrant health. It's the only vitamin your body makes itself (and it's actually a hormone!). Although there are many forms of vitamin D, the two most common types are vitamin D<sup>3</sup> and vitamin D<sup>2</sup>.



## VITAMIN D IS THE MOST UNDERVALUED NUTRIENT IN THE WORLD, SINCE MOST PEOPLE ASSUME THEY'RE GETTING ENOUGH FROM THE SUN.

Although sunlight is one source of vitamin D, there are very few individuals who get enough exposure to reap the benefits adequate levels of vitamin D provide. In addition, excessive time in the sun can increase the risk of skin cancer.

## HOW CAN WE GET VITAMIN D?

While experts agree that vitamin D is crucial, there is some controversy over the best way to get it. Vitamin D is naturally present in very few foods.

Exposing your body to sunlight is the simplest way to get vitamin D – your body makes it naturally. However, the amount of sun you need to meet your vitamin D requirements varies hugely, depending on your location, the season, your skin type, the time of day, air pollution, body parts exposed, and age.<sup>2</sup>

While some say exposure to the sun is enough, others say the sun is not reliable and therefore encourage a supplement regimen.

## VITAMIN D PROVIDES PROTECTION FROM:<sup>1</sup>



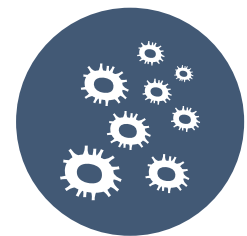
OSTEOPOROSIS



HYPERTENSION



CANCER



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