

Vitamin D Recommendations for the Northern Hemisphere



	Below approximately 30° latitude (south of Los Angeles / Dallas / Atlanta / Cairo)	Between 30° (sample cities to the left) and 40° latitude (Chicago / Boston / Rome / Beijing)		Between 40° (sample cities to the left) and 50° latitude (Winnipeg / London / Berlin / Prague)		Above approximately 50° latitude (north of Winnipeg / London / Berlin / Prague)	
Months	All	February – November	December – January	March – October	November – February	April – September (or shorter if above 60° latitude)	October – March (or longer if above 60° latitude)
Daily Dose	15–30 minutes of midday sun (15 mins for those with lighter skin and 30 mins for those with darker skin) or 2,000 IU supplemental vitamin D	15–30 minutes of midday sun (15 mins for those with lighter skin and 30 mins for those with darker skin) or 2,000 IU supplemental vitamin D	2,000 IU supplemental vitamin D	15–30 minutes of midday sun (15 mins for those with lighter skin and 30 mins for those with darker skin) or 2,000 IU supplemental vitamin D	2,000 IU supplemental vitamin D	15–30 minutes of midday sun (15 mins for those with lighter skin and 30 mins for those with darker skin) or 2,000 IU supplemental vitamin D	2,000 IU supplemental vitamin D

D3 > D2

Vitamin D3 from plant or animal sources may be preferable to D2 sourced from fungi.



Taking vitamin D with the largest meal of the day improves absorption.



If you're overweight, you may want to instead take 3,000 IU supplemental vitamin D and even more if obese.

Vitamin D Benefits

Vitamin D has been found to provide a host of potential benefits, including:

1. Reduction in cancer mortality
2. Treatment for painful menstrual periods
3. Fall prevention
4. Common cold prevention



5. Rickets and osteomalacia prevention
6. Reduction in asthma exacerbations
7. Improvement in Crohn's disease symptoms
8. Drop in fibromyalgia pain severity in patients

Supplements vs. the Sun

Vitamin D supplements:

- ▶ Can cost \$10 or more a year.
- ▶ Supplement companies are poorly regulated. One investigation found that only about half the brands came within 10 percent of their labeled amounts.



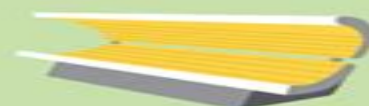
Vitamin D from the sun:

- ▶ Free.
- ▶ Never have to worry about getting too much vitamin D, since your body has a way to regulate its production in the skin.
- ▶ Additional benefits may include Co-Q10 regeneration, blood pressure reduction, and improved artery function and mood.
- ▶ Increased risk of cataracts, aged skin, and skin cancer.

Cautions

Considering tanning beds?

The World Health Organization raised the carcinogen classification of tanning beds to the highest level. Most tanning devices primarily emit UVA, which is also relatively inefficient in stimulating vitamin D synthesis.



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D Kirk



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