

About Vitamin D

Vitamin D is an Essential Nutrient that Every Man, Woman, and Child must have to not only survive, but thrive. An Essential Nutrient is a Vitamin, Mineral, Amino Acid, or Fatty Acid that the Body cannot make on its own and without it, Disease or Death will occur.

Vitamin D is often referred to as the Sunshine Vitamin! It is comprised of a group of fat soluble secosterols that are found in very few foods as Nature would have it. Vitamin D is Naturally photo-synthesized in the skin of vertebrates by the action of solar ultraviolet B Radiation. Vitamin D comes in many forms, but the two major forms are Vitamin D2 (ergocalciferol) and Vitamin D3 (cholecalciferol). Since there are concerns about getting skin cancer from too much sun exposure, many people avoid the sun completely or heavily use Sun screens. Even weak Sun screens block your body's ability to generate vitamin D by up to 95%. Most adults are working and outside far less as they age increasing the likelihood of deficiency even further.

Vitamin D's major biologic function in humans is to maintain serum calcium and phosphorus concentrations within the normal range by enhancing the efficiency of the small intestine to absorb these minerals from food or supplements we eat and consume on a daily basis.

Aging significantly reduces the capacity of human skin to produce vitamin D3. In adults over age 65 years, there is a fourfold decrease in the capacity to produce vitamin D3 when compared to younger adults aged 20 to 30. Remember, adequate Vitamin D levels are Essential for proper Calcium metabolism and absorption.

Latitude, climate, time of year and even the clothes you wear also can affect Vitamin D levels. For example, above or below latitudes of approximately 40 degrees North and South, respectively, Vitamin D3 production in the skin is absent during most of the Winter Months entirely. The far Northern and Southern latitudes extend this period for up to 6 months. As we age, we tend to wear more clothing further limiting our skin's ability to produce this Vital Nutrient.

It is now believed most children will need supplements to reach the desired levels of Vitamin D because there aren't many foods high in Vitamin D except milk that has Vitamin D added. It would take four 8 ounce glasses each day to get just 400 IU and many Doctors and Scientists believe we need much more daily for Optimal Health and Development. Breast-fed infants are at an elevated risk of not getting enough Vitamin D also. Breast-milk is a poor source of Vitamin D since many adults are deficient in this Essential Nutrient.