

Vitamin D

Vitamin D is an essential, fat soluble vitamin that can be obtained through exposure to sunlight, certain foods, or via supplementation. During the winter months, when the sun is low in the sky, vitamin D is not obtained in sufficient amounts via sunlight. During these months, adequate levels must be sourced through foods or supplementation. In Canada, cow milk is supplemented with Vitamin D as well as some kinds of orange juice and cereals. Foods which are naturally high in Vitamin D include fatty fish, liver and egg yolks. It is difficult to obtain adequate levels of Vitamin D from these foods, so in northern climates (like Calgary) supplementation is recommended.

Vitamin D is an important vitamin for many bodily functions, and it plays a critical role in:

- Bone health
- Muscle strength
- Immune health
- Insulin sensitivity
- Cancer survival

Some factors which negatively affect the absorption of Vitamin D include:

- Sunscreen
- Naturally darker skin pigmentation
- Covering the skin or spending more time indoors
- Age
- Seasons. Northern or southern latitudes during the winter months

Vitamin D toxicity rarely occurs when Vitamin D is obtained through sunlight or food, however it can occur with supplementation. Talk to your doctor to ensure you are not over-supplementing.

Read more on Vitamin D [here](#).

