VITAMIN D
An essential nutrient for healthy bones and muscles

HAVE YOU BEEN GETTING ENOUGH VITAMIN D DURING THE COVID-19 PANDEMIC?
VITAMIN D IS MADE IN THE SKIN during exposure to UV-B rays in sunlight

Exposure to sunlight is how we get 70-80% of our vitamin D needs

Regular safe sunlight exposure recommended- but do not burn!

HOW DOES VITAMIN D IMPROVE BONE HEALTH?

PROMOTES
calcium absorption in the gut

IMPROVES
muscle strength

HELPS ENSURE
optimal mineralization of bone

REDUCE RISKS
Adequate vitamin D levels reduce risk of falls and fractures

VITAMIN D INTAKE & COVID-19
Isolation indoors may be preventing many people from getting enough vitamin D

Anyone who is unable to spend at least 15-30 minutes with direct sun exposure each day, should take vitamin D through diet and/or vitamin D supplements

Currently, no evidence that vitamin D supplementation will help prevent or treat COVID-19 infection
WHO SHOULD CONSIDER SUPPLEMENTATION?

- People at risk of osteoporosis (generally aged ≥ 60 years)
- Those who stay indoors, with little exposure to sunlight
- Have a minimal trauma fracture
- Have dark skin tone
- Women during pregnancy/breastfeeding
- Are obese
- Take anti-epileptic drugs
- Have malabsorption disorders

IOF recommends that adults aged 60 years or over take a supplement of 800 to 1000 IU/day, as this may be associated with greater muscle strength and improved bone health.

WHAT ARE THE MAIN FOOD SOURCES OF VITAMIN D?

- Salmon, sardines, mackerel, tuna, cod liver oil, shiitake mushrooms, egg yolk
- Foods supplemented with vitamin D (e.g. orange juice, cereals)

ENSURE YOU ARE GETTING ENOUGH VITAMIN D!

<table>
<thead>
<tr>
<th>Vitamin D Public Intake Recommendations</th>
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<tbody>
<tr>
<td>Age Group in Years</td>
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<tr>
<td>---------------------</td>
</tr>
<tr>
<td>0-1</td>
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<tr>
<td>1-59</td>
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<td>60-70</td>
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<tr>
<td>71+</td>
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<td>Target 25(OH)D level in nmol/l**</td>
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* Adequate intake is 400 IU/day

** Vitamin d status is assessed by measuring 25-hydroxyvitamin D in the blood
Our vision is a world without fragility fractures, in which healthy mobility is a reality for all