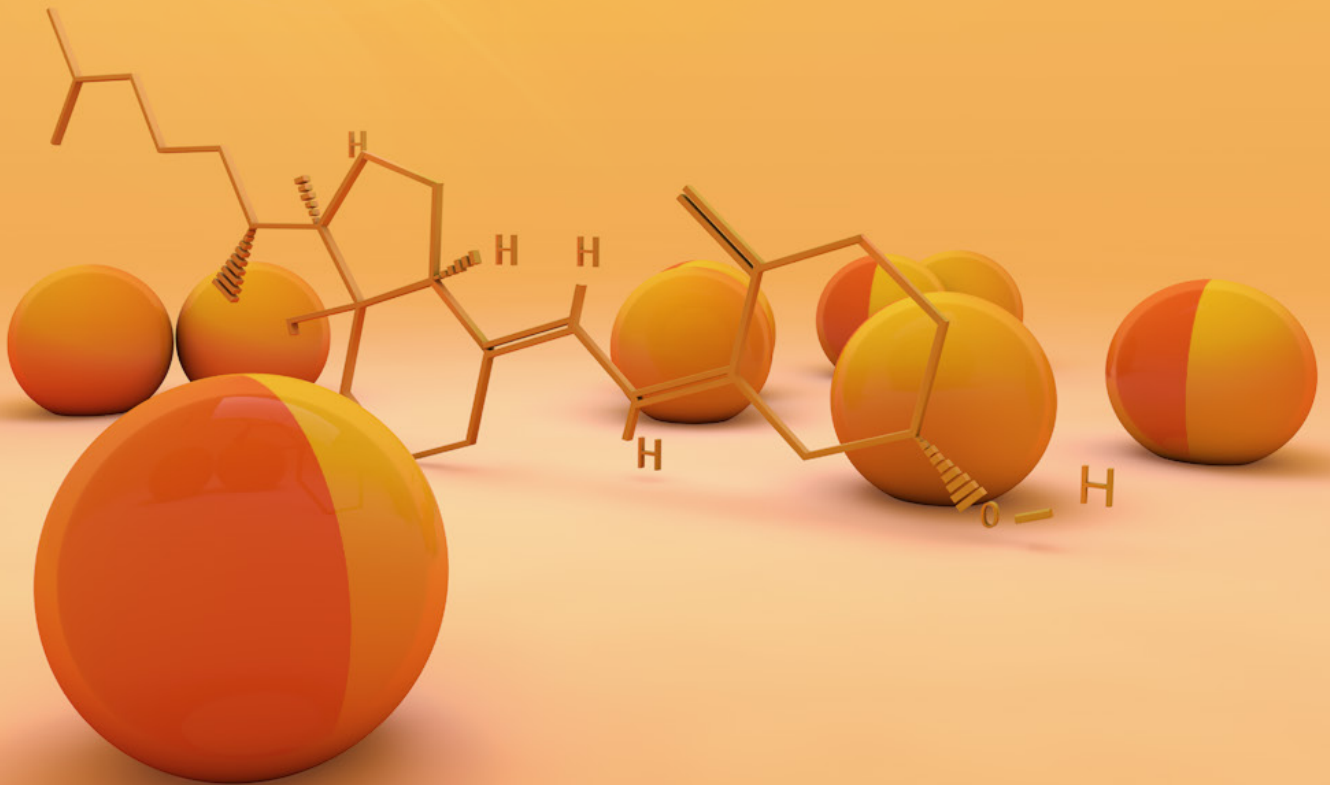


VITAMINA D

Un nutriente esencial para **huesos y músculos saludables**

**¿HA OBTENIDO SUFICIENTE VITAMINA D
DURANTE LA PANDEMIA COVID-19?**



LA VITAMINA D SE PRODUCE EN LA PIEL

durante la exposición a los rayos UV-B de la luz solar

La exposición a la luz solar es la forma en que obtenemos entre el **70-80% de nuestro requerimiento de vitamina D**



6H0HFRPLHGDD0DH5RVLFLOHODUSUGHWHD0DD0VRODU
HYLWHTHPDGUDV



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!

Vitamin D Public Intake Recommendations

Age Group in Years	National Academy of Medicine (NAM)	Public Intake Recommendations for Vitamin D (IOF)
0-1	*	Not assessed
1-59	600 IU/day	Not assessed
60-70	600 IU/day	800 to 1000 IU/day
71+	800 IU/day	800 to 1000 IU/day
Target 25(OH)D level in nmol/l**	50 nmol/l for bone health at all ages	50 nmol/l for fall and fracture prevention

* 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

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