

# VITAMIN D

An essential nutrient for **healthy bones and muscles**

**HAVE YOU BEEN GETTING ENOUGH VITAMIN D?**



## 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 is recommended:**  
be careful not to let your skin 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

## Not getting enough exposure to sunlight?



Many individuals may not be getting adequate vitamin D due to spending all their **time indoors**. Seniors in general, and especially those living in nursing homes or institutionalized care, are among the most vulnerable to vitamin D deficiency.



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

## WHO SHOULD CONSIDER SUPPLEMENTATION ?

- ▼ People at risk of osteoporosis (generally aged  $\geq 60$  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

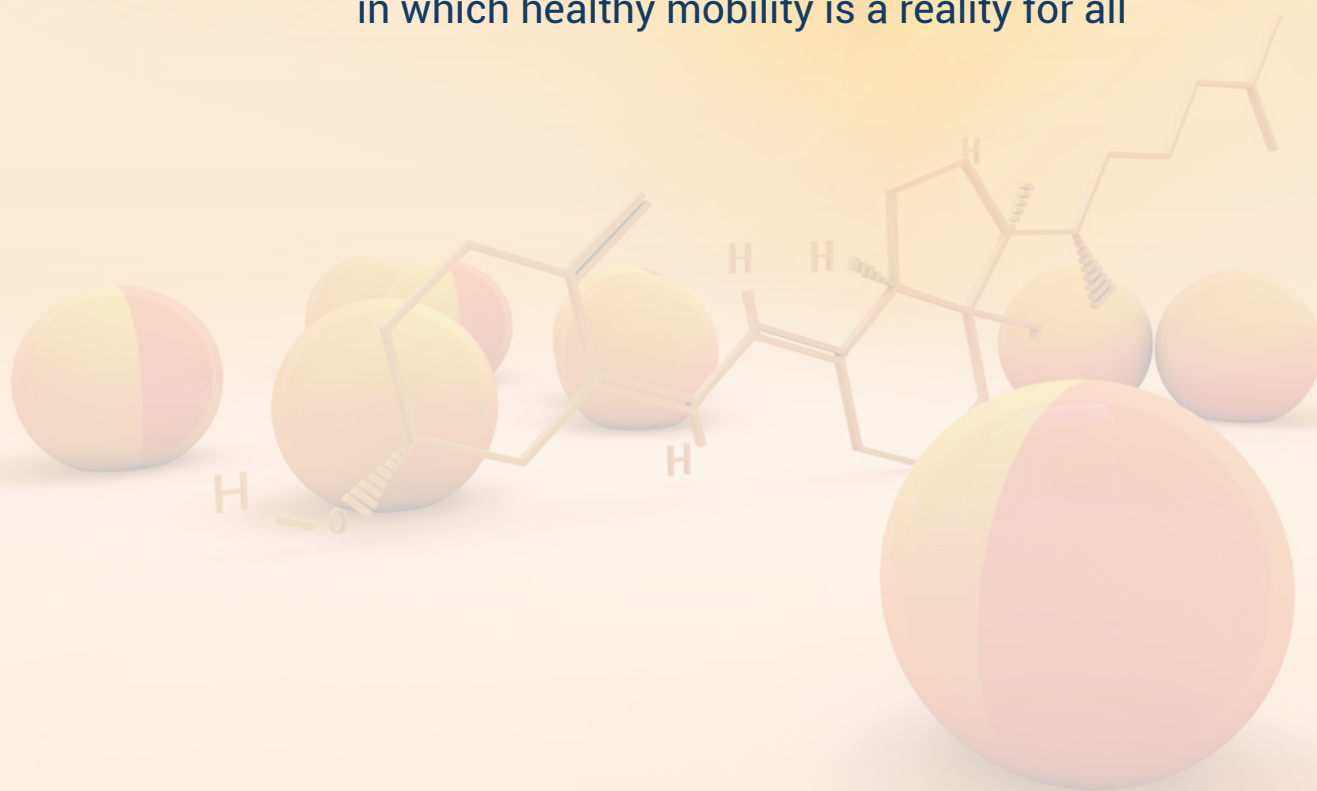
Age Group in Years	National Academy of Medicine (NAM)	Public Intake Recommendations for Vitamin D (IOF)
0-1	*	Not assessed
1-59	600 IU/day	Not assessed
60-70	600 IU/day	800 to 1000 IU/day
71+	800 IU/day	800 to 1000 IU/day
Target 25(OH)D level in nmol/l**	50 nmol/l for bone health at all ages	50 nmol/l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



©2021 International Osteoporosis Foundation  
9 rue Juste-Olivier • CH-1260 Nyon • Switzerland  
T +41 22 994 01 00  
[info@osteoporosis.foundation](mailto:info@osteoporosis.foundation) • [www.osteoporosis.foundation](http://www.osteoporosis.foundation)