






VITAMIN D

Also known as **calciferol**, vitamin D acts as a pro-hormone, i.e. once activated it acts in one of its main functions: **the regulation of calcium and phosphorus in the bones**. For this reason vitamin D is essential in the growth phase. Vitamin D also acts on the **immune system**, and has been associated to the regulation of insulin (blood sugar control) and blood pressure.

NUTRITIONAL REQUIREMENTS

	0 - 8 years old	400 IU - 600 UI/day
	9 - 18 years old	600 IU/day
	19 - 69 years old	600 IU/day
	all ages	600 IU/day
	+70 years old	800 IU/day

FOOD SOURCES



Cod liver oil
(10 ml) 1000 IU



Salmon 1 filet
(100 g) 840 IU



Powdered milk
2 tablespoons
(18 g) 80 UI



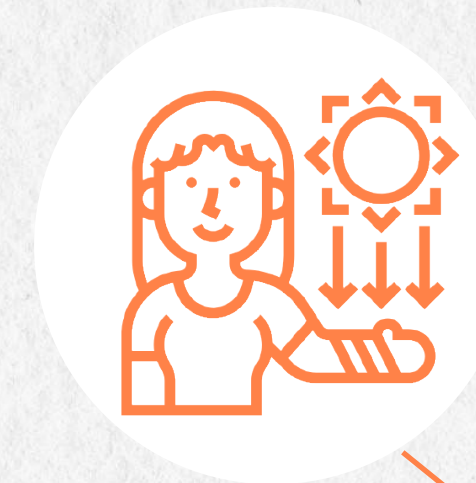
Chicken egg
1 un. (45 g)
40 UI



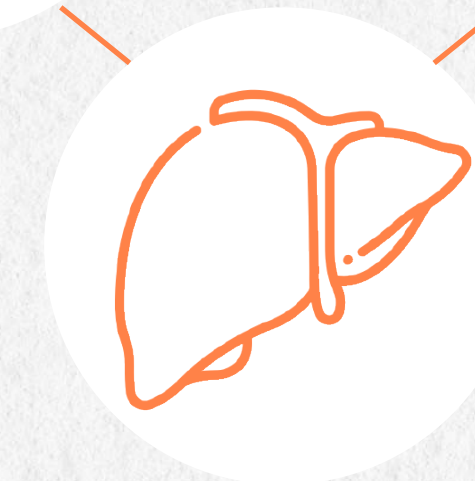
Butter
1 full teaspoon
(8 g) 4,5 UI

MOST OF THE VITAMIN D WE NEED IS OBTAINED THROUGH EXPOSURE TO THE SUN

Transformation of provitamin D3 to **vitamin D3**

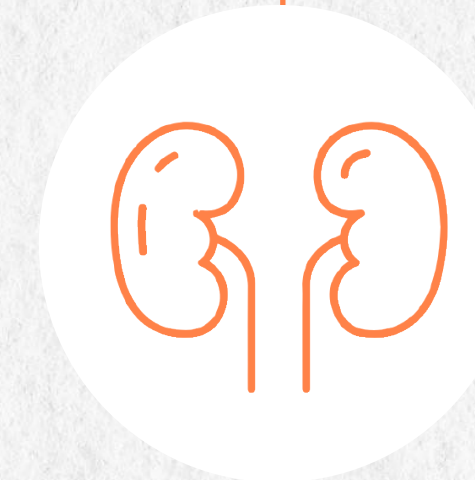


Food and supplements are sources of **vitamin D2 and D3**



Transformed to **calcidiol** [25(OH)D], which is usually the value we see in blood tests and should be greater than 30 nmol/L (adults)

Transformed into **calcitriol**, the active form of vitamin D



DEFICIENCY

It is related to bone problems (rickets, osteopenia and osteoporosis)

WHO SHOULD BE MORE AWARE

- Children
- Elderly
- Menopausal women

CORRECT SUN EXPOSURE

- Avoid sun between 10:00 and 14:00
- About 15 minutes per week is the recommended amount for babies
- There is no ideal time for adults, but it is estimated at around 10-20 minutes per day
- Talk to your dermatologist about the risks of sun exposure without sunscreen, compared to the benefits