

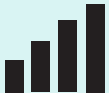
VITAMIN D:

Taking Matters into your Own Hands

As you may already know, maintaining a sufficient level of vitamin D is important for all aspects of health. Vitamin D helps your immune system, cardiovascular system, brain and muscles function optimally. People can take control of their own vitamin D status with little effort and little to no expense. Here are some helpful tips to help get you started:



TAKE A SUPPLEMENT. We recommend taking 5,000 IU of vitamin D3 daily for the average adult. Of course, this dosage will vary on an individual basis. Supplementing with 5,000 IU of vitamin D3 is very unlikely to pose any danger of toxicity (you normally need to take about 50,000 IU of vitamin D every day for several months for toxicity to occur), and it will likely bring you to a sufficient range of 40-80 ng/ml. Children should take 1,000 IU of vitamin D3 for every 25 pounds of body weight.



CHECK YOUR LEVELS. Everyone's metabolism is different. Therefore, you cannot accurately predict your vitamin D levels without checking them. You can test your vitamin D levels without ever entering a doctor's office by using an in-home vitamin D test kit. If you have a checkup with your doctor, you can always ask for a 25(OH)D test also.



RECEIVE SAFE SUN EXPOSURE DAILY. The sun allows your body to produce vitamin D naturally. However, it can be complicated trying to receive the benefits of the sun (i.e. vitamin D) while avoiding the negative consequences (i.e. burning). In addition, you need to make sure that you are outside at the right time of the day and year.



DMINDER MOBILE APPLICATION. This app helps people determine how much sun they need, and when they should get it. The application will alert you when you are approaching the risk of UV damage and estimate the amount of vitamin D you have received from sun exposure.



SUNFRIEND. Sunfriend is a device worn on the wrist which provides guidance for safe, sensible sun exposure. The device was created by a NASA scientist to directly measure the intensity of the sun; thus, allowing you to maximize your safe time in the sun.