



Vitamin D Deficiency:

This Affects Everyone!

97 percent of Canadians are vitamin D deficient at some point in the year, according to University of Calgary research. Worldwide, an estimated 1 billion people don't get enough of "the sunshine vitamin".

Vitamin D Prevents Cancer:

Hundreds of studies now link vitamin D deficiency with significantly higher rates of many forms of cancer, as well as heart disease, osteoporosis, multiple sclerosis and many other conditions and diseases.

How Much Do You Need?

Nobody really knows how much vitamin D humans really require. Current official recommendations range from 200-600 IU per day, but the Canadian Cancer Society now recommends 1,000 IU per day for all Canadians. Many vitamin D researchers believe even that isn't enough.

Get Your Vitamin D Levels Tested!

Have your physician administer a calcidiol test (also know as a 25-hydroxyvitamin D test). More important than your daily intake of vitamin D are your actual vitamin D blood levels. Optimal vitamin D blood levels are 50 ng/mL (125 nmol/L), according to The Vitamin D Council.

For more information, check out the following websites:

- Vitamin D Society www.vitamindsociety.org
- Joint Canadian Tanning Association www.tanacanada.org and click on "Ultra-Violet Info"