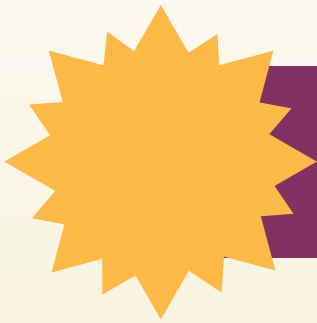


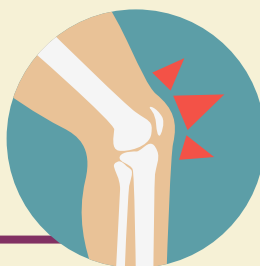
Are You Vitamin D Deficient?



Vitamin D, or the **sunshine vitamin**, is a hormone produced by the skin.

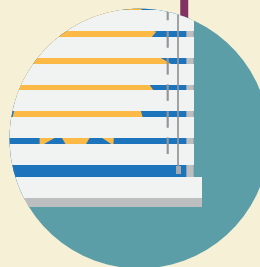
Vitamin D deficiency can cause:

- Increased risk of:
 - Cancer
 - Cardiovascular disease
- Increased risk of the following autoimmune diseases:⁵
 - Rheumatoid arthritis
 - Multiple sclerosis
 - Type 1 diabetes mellitus
 - Autoimmune thyroid disease



You have a higher risk of deficiency if you:

- Have an indoor lifestyle
- Are African American or have a darker skin tone
- Have bowel disease like IBS⁶ or Crohn's⁷
- Are overweight
- Are exposed to air pollution which blocks UVB rays
- Wear sunscreen
- Are over 50 years old
- Have kidney or liver disease



Improve your Vitamin D levels by:

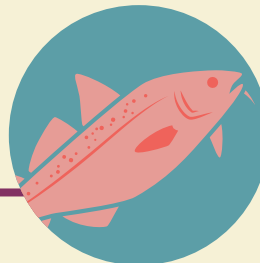


- Getting more sunlight

Exposure of arms and legs for 5 to 30 minutes between the hours of 10 AM and 3 PM twice a week can be adequate to prevent vitamin D deficiency.²

- Including certain foods in your diet

Vitamin D can be found in some fish and in shiitake mushrooms and egg yolk as well as dairy products and breakfast cereals fortified with vitamin D.³



- Taking Vitamin D3 supplements⁴

81%

of African Americans

& 69%

of Hispanics are
Vitamin D deficient.¹

For more information visit focusforhealth.org

SOURCES

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