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

81% of African Americans & 69% of Hispanics are Vitamin D deficient.¹

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

For more information visit focusforhealth.org

SOURCES
2. http://www.jabfm.org/content/22/6/698.full
3. http://www.jabfm.org/content/22/6/698.full