

VITAMIN D (CALCIFEROL)



MAIN FUNCTIONS

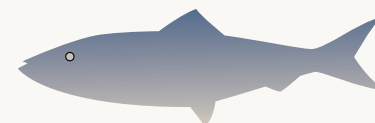
- Facilitates absorption of calcium and phosphorus
- Promotes bone health
- Required for proper immune function
- Influences cell growth and development

GOOD SOURCES

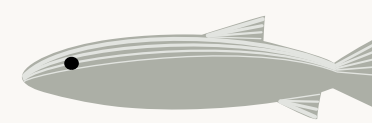
Fatty Fish

salmon • mackerel • sardines

- Salmon (pink, canned), 3 ounces, 465 IU (11.6 µg)



- Mackerel (canned), 3 ounces, 211 IU (5.3 µg)



Fortified Food

- Low-fat Milk, vitamin D fortified, 8 ounces, 98 IU (2.5 µg)



IU = International Units; µg = micrograms; a 3-ounce serving of fish is about the size of a deck of cards

DAILY RECOMMENDATION

600–1,000 IU
15–25 µg*

Children and
Adolescents
4–18 Years

*Because vitamin D is scarcely found in food, it may be necessary to take supplements.

2,000 IU
50 µg**

All Adults

**This amount applies to supplemental vitamin D, which is recommended in addition to the vitamin D consumed from a mixed diet.

SPECIAL NOTES

- The Daily Recommendation listed is specific to the LPI based on extensive review of the scientific evidence. The Institute of Medicine's Recommended Dietary Allowance (RDA) is 600 IU (15 µg)/day for males and females who are 4–70 years old, and 800 IU (20 µg)/day for all adults over 70.
- Vitamin D is considered a “Nutrient of Public Health Concern” because underconsumption is linked to adverse health outcomes.
- More than 90% of Americans do not meet the dietary requirement for vitamin D.
- Our bodies make vitamin D upon skin exposure to UVB radiation from the sun. Darker skin color, northern latitude, and older age impede the amount of vitamin D produced.