



TIP: Vitamin D is essential for strong bones

Why do I need Vitamin D supplement

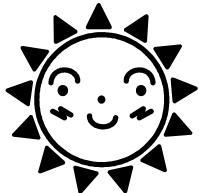
- The team have recommended Vitamin D supplements because your Vitamin D levels (tested by blood test) are low.

Why is Vitamin D important?

- Vitamin D plays an important role in keeping your bones strong.
- We all know that Calcium is important for strong bones, but Vitamin D is important as it helps your body absorb calcium, and helps calcium get into your bones.
- Vitamin D may also play an important role for your immune system, and reducing inflammation.

Can't I get Vitamin D from the sun?

- Your skin creates Vitamin D from the action of UV rays on your skin.
- To get adequate Vitamin D from the sun you will need 10-15mins of sunlight directly on your skin (no clothing or sunscreens) each day, preferably not in the middle of the day when the UV rays are most damaging. Make sure the sun sees a good amount of skin eg legs or arms exposed.
- If you have darker skin or spend lots of time indoors you are unlikely to get much Vitamin D from the sun.
- If your Vitamin D is very low it will take a long time to bring your Vitamin D levels into the normal range by sunlight alone, so supplementation is recommended.



Can I get Vitamin D from my MultiVitamin supplement?

- Some multivitamin supplements and calcium supplements do contain Vitamin D, but only a very small amount.
- Continue to take a multivitamin supplement as well as additional Vitamin D supplements as recommended by your doctor or dietitian.

Vitamin D is important for

- ✓ Strong bones
- ✓ Healthy immune system
- ✓ Controlling inflammation
- ✓ Reducing your cancer risk

How much Vitamin D do I need?

- Depending on your blood tests, your doctor or dietitian may recommend 3000-5000IU each day.
- Vitamin D comes in capsules or tablets containing 1000IU, so you will need to take 3-5 capsules each day.
- Vitamin D is also available in a liquid form, which you may find easier to take than swallowing tablets
- My dose: _____ capsules per day
- Or _____ drops Bioceuticals D3 drops per day

Vitamin D capsules or tablets:

- ✓ Ostelin capsule
- ✓ Ostevit-D tablet
- ✓ Blackmores Vitamin D3 tablets

Vitamin D liquid

- ✓ Bioceuticals D3drops

Optimising Nutrition

When do I take my supplements?

- Vitamin D supplements are best absorbed with food.
- You may take your supplements just before, during or just after eating, whichever is most comfortable.
- You can spread your supplements throughout the day to make it easier.

How long do I need to take my supplements?

- Take your supplements for 3months initially.
- After 3months you need to have blood tests again to see if your Vitamin D level has increased.
- If your Vitamin D levels have improved to the normal range, you may be able to cease the supplements or reduce the amount. Discuss with your doctor or dietitian

I will need a blood test to check my Vitamin D level in _____

What about food?

- We can get small amounts of Vitamin D from food, but if your Vitamin D levels are low you will not get sufficient from food to bring your blood levels up to the normal range.



Foods which contain Vitamin D include:

- ✓ Oily fish
- ✓ Liver
- ✓ Milk, cheese (but there is not much in low fat milk)
- ✓ Eggs

Foods that have Vitamin D added

- ✓ Anlene milk

Michelle Singer

Accredited Practising Dietitian

OClinic

Suite 301 The San Clinic

185 Fox Valley Rd Wahroonga

Mater Medical Centre

200 Pacific Hwy Crows Nest

www.oclinic.com.au

Appointments: 02 8197 9595