

### Vitamin D: Not Your Average Vitamin

Vitamins in general support many chemical reactions that occur in your body every second of the day! These compounds are typically found in your diet, and are defined by two major categories, fat soluble, and water soluble vitamins. Your fat soluble vitamins include vitamins A, D, E, and K. Your water soluble vitamins include Vitamin B1-B12, and Vitamin C. Although all vitamins are important, because of Vitamin D's unique need to be activated through specific body processes, it is commonly lacking in most American's of all age groups!

Vitamin D has been shown to be a major mediator for calcium, iron, magnesium and zinc in our bodies. Due to its significant role in mineral regulation, Vitamin D has been shown to play an important role in pregnancy, mental acuity, bone health, and skin pigmentation and regulation. The Institute of Medicine has deemed vitamin D as an important supplement for calcium regulation in populations fifty and older. Vitamin D is also an extremely safe fat soluble vitamin. Some fat soluble vitamins have the potential to be toxic, but due to Vitamin D's ability to self-regulate, and its activation through sunlight, Vitamin D toxicity can be exceptionally rare. The Food and Drug Administration has even deemed Vitamin D intake as a Nutrient of Public Health Significance!

There are many over the counter supplements that you can buy which contain Vitamin D. However, we would like for you to know that there are several characteristics of Vitamin D that you should look for when deciding what supplement is right for you. Please review our recommendations bellow:

- 1) Vitamin D<sub>2</sub> and D<sub>3</sub>- Vitamin D actually has several different chemical structures, however Vitamin D<sub>2</sub> and D<sub>3</sub> are the activated versions that our body needs. These are also more readily absorbed during digestion than other versions of the vitamin.
- 2) Sunlight- Vitamin D activation only occurs when sunlight is absorbed through the skin. Although it is still being heavily debated in the medical research community, most experts feel that a minimum of 15-30 minutes of sunlight is all that is required per day for proper Vitamin D synthesis.
- 3) Purchase from a reputable source- Most Vitamin D supplements have poor bioavailability, which means you are not absorbing as much Vitamin D as you would expect. We recommend talking to your primary care physician or speaking with a representative of Connecticut Back and Wellness to help guide you to a Vitamin D supplement that is right for your particular needs.