

Do you Have Vitamin D Deficiency? (Find Out Now)

Vitamin D is a fat-soluble prohormone that's also known as the sunshine vitamin. It's actually created in the body through exposure to the sun. Vitamin D is essential for a healthy body and strong bones as it helps in the phosphorous and calcium absorption of the body. The two main forms of vitamin D are vitamin D2 and vitamin D3. Besides helping in the secretion of insulin and controlling neuromuscular functions, it regulates the normal cellular differentiation, thereby even preventing cancer. It is also a vital nutrient for the foetus in pregnant women.

A large study conducted a few years back suggested many Australians have limited [awareness about vitamin D](#), the effects of deficiency, and how to remedy deficiency. Generally, vitamin D deficiency is the result of inadequate consumption of the vitamin from a regular diet, kidneys not being able to change vitamin D into calcitriol, or limited exposure to sunlight.

Vitamin D Deficiency Symptoms

The vitamin D deficiency symptoms mostly appear in the form of various disorders like chronic fatigue, heart disease, stroke, obesity, multiple sclerosis, osteomalacia in adults, hypertension and many more.

In children, the symptoms are low calcium levels in blood, fragile bones that are prone to fractures and difficulties in breathing. Babies might suffer from muscle cramps, slow growth, and delay in growth of the teeth. In some rare cases, the heart muscle can weaken and even lead to certain heart problems.

In women, vitamin D is crucial for preventing different types of cancers such as breast cancer, ovarian cancer, bladder cancer, and colon cancer. Deficiency of vitamin D can cause mood changes in women, especially during the premenstrual syndrome. Other mood-related symptoms of vitamin D deficiency include seasonal affective disorders or depressive behaviour. Men often experience an increase in muscle pain and weakness during episodes of deficiency.

Ways of Preventing Vitamin D deficiency

In order to prevent Vitamin D deficiency, you can opt for [vitamin D fortified food](#) items like dairy, flour, fish, fish oil, egg yolk, beef liver, some kinds of cheese and grain. Those who are vegetarian should take special care of their diet as vegetarian diet is usually low in Vitamin D. You can also obtain Vitamin D by direct exposure to sunlight or artificial sources with ultraviolet B light.

The disorders caused by Vitamin D deficiency are quite dangerous. You need to identify the Vitamin D deficiency symptoms and treat them before it harms your health. In order to live a healthy life, it is advisable to prevent this deficiency by intake of foods that are rich in vitamin D, vitamin D supplements and regular exposure to direct sunlight.

Adding Vitamin D Supplements

If you are like most women, dietary and health concerns limit the ability to consume enough Vitamin D fortified food, and concerns about exposure to sun's harmful rays keep you inside. Therefore, supplementation is fast becoming the most important source of vitamin D.

Fortunately, a single daily dose of vitamin D can The recommended dosage of [vitamin D for men](#) up to 50 years old is 200 IU (or 5 micrograms) and increasing to 200 IUs at 70 years old. For women, the [appropriate daily dose of vitamin D](#) is 600 IU for ages up to 70 years, and 800 IU for women over 70 years.

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