

DID YOU KNOW...

that recent studies have suggested that Vitamin D may provide protection from osteoporosis, high blood pressure, cancer and several autoimmune diseases?



The most important function of Vitamin D in the human body is to maintain normal blood levels of calcium and phosphorus but Vitamin D also aids in the absorption of calcium. This makes it valuable in both forming and maintaining strong bones.

Vitamin D can be found in many food sources such as fish, eggs and fortified milk. However, the sun also plays a significant role in the daily production of Vitamin D; the Mayo Clinic reports that just 10 minutes a day is thought to be enough to prevent deficiencies.

The term "Vitamin D" actually refers to two different forms of the vitamin: ergocalciferol (Vitamin D2) and cholecalciferol (Vitamin D3). The former is synthesized by plants and the later by humans in the skin when it is exposed to ultraviolet-B (UVB) rays from sunlight.

For more information visit:
http://www.mayoclinic.com/health/vitamin-d/NS_patient-vitamind