



Vitamin D is known as the sunshine vitamin because it is produced when skin is exposed to sunlight.

Vitamin D

Are You Getting Enough?

- * In Canada, limited sun exposure means no vitamin D is produced in skin from November to April.¹
- * One in three Canadians has insufficient vitamin D levels for bone health.²
- * Two of every three Canadians do not meet the minimum level of vitamin D considered adequate for optimal health.³
- * People with dark skin colour may produce up to 50-fold less vitamin D than those with lighter skin.⁴
- * Aging decreases vitamin D production.⁴
- * Kidney or liver disease can affect vitamin D levels.

For more information on the D-Spot* test, visit www.rmalab.com

*D-Spot is a trademark of Rocky Mountain Analytical, a division of LifeLabs LP.



Testing Vitamin D



- * The D-Spot uses a simple finger puncture to get a few drops of blood. The blood is dropped onto a collection card and left to dry, then mailed to the laboratory for analysis. Results are mailed to you about ten days after the lab receives your specimen.
- * The **minimum** vitamin D level required for optimal health is in the range of 75 to 100 nmol/L^{5,6}
- * Taking the recommended amount of vitamin D every day does not necessarily mean you will reach an optimum level.⁴

References

1. Webb et al. *Influence of season and latitude on the cutaneous synthesis of vitamin D₃: exposure to winter sunlight in Boston and Edmonton will not promote vitamin D₃ synthesis in human skin.* *J Clin Endocrinol Metab.* 1988 Aug;67(2):373-8.
2. Statistics Canada: *Health at a Glance. Vitamin D blood levels of Canadians.* Jan 2013. Catalogue 82-624-X
3. Statistics Canada, *Health Reports.* Vol. 21, no. 1, March 2010.
4. Weiler H. *Vitamin D: The Current State in Canada.* Canadian Council of Food and Nutrition. 2008
5. Bischoff-Ferrari HA, Giovannucci E, Willett WC et al. *Am J Clin Nutr.* 2006;84(1):18-28.
6. Holick MF, Binkley NC, Bischoff-Ferrari HA et al. *Clin Endocrin Metab.* 2011;96(7):1911-30