



WHY VITAMIN D?

AKA THE **SUNSHINE** VITAMIN

Sunlight Fuels a Healthier, Happier You! ♡

*More
Sunshine.
Stronger
You. ♡*



THE WHY ♡



HELPS CALCIUM ABSORPTION

Vitamin D helps your body absorb calcium from food so you can build and maintain strong bones and teeth.



NECESSARY FOR OPTIMAL BONE MINERALIZATION

Works together with calcium, magnesium and other nutrients to keep bones strong.



NORMALLY SYNTHESIZED WITH SUN CONTACT

Your skin produces vitamin D when exposed to sunlight. A lot of people spend very little time outdoors, which can contribute to low levels.

*Get Outside.
Soak Up the Benefits! ♡*

DEFICIENCY

ASSOCIATED WITH:



- Chronic kidney disease
- Chron's
- Hyperthyroidism
- Osteoporosis
- Osteopenia
- Rickets



EXCESS

ASSOCIATED WITH:



- Excessive thirst
- Diarrhea
- Weakness
- Headache
- Calcification in soft tissue (in extreme cases)
- Atherosclerosis



Balance is Key. ♡

Get regular sunlight, eat nutrient-rich foods and work with your healthcare provider to monitor your levels.

WHAT ELSE? ♡

Vitamin D is a fat-soluble vitamin, meaning it can only be absorbed with fat. It needs dietary fat to break it down and be utilized in the body.

SOURCES OF HEALTHY FAT ♡



Dark leafy greens
(kale, collard greens and spinach)



Walnuts



Avocados



Chia seeds



Nuts and seeds



Olives

*Healthy Fats
Help You Absorb
More Goodness! ♡*