

BLOG.SQD

How are your Vitamin D levels?

If you want to be fit and healthy, live longer and have a brain that is working optimally then having adequate levels of Vitamin D is the answer. Not having enough Vitamin D affects the way your body functions. Our bodies produce Vitamin D when they are exposed to sunlight. We can also get it from our diet and from supplements.

In this day and age, most people do not get adequate exposure to sunlight, sitting at your desk in front of a computer does not lead to healthy Vitamin D levels. It is also very difficult to get the amount we need from our diet and as a result supplementation is the only way forward for a lot of people.

Low levels of Vitamin D can lead to numerous health conditions. Low levels can contribute to poor bone health, and lead to conditions such as osteoporosis, osteopenia and even make a person more susceptible to bone fractures.

Being low in Vitamin D can also affect your muscle strength. Low levels of vitamin D can affect the way in which your muscles contract and relax and as a result affects muscular force production. It also affects the maintenance of lean body mass and which can lead to an increased development of fat within muscles.

Make sure you're getting enough!

How much do you need? What are healthy levels?

Research suggests that 50ng/ml (a measurement of the Vitamin D serum level in the body) is the recommended minimum level a person should have. To increase your levels of Vitamin D it is suggested that we supplement with 5000iu of Vitamin D daily.

Ben

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