Vitamin D

Most people don’t need to be tested for vitamin D deficiency.

Why did testing for vitamin D become so popular?

- Many people have low levels of vitamin D, but have a medical reason to be tested.
- Testing has no proven benefit.
- Testing won’t change the treatment.
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Recommended intake of vitamin D (through food or supplements)

- 1,000 IUs/day for children 1-3 years old
- 1,200 IUs/day for children 4-8 years old
- 1,500 IUs/day for children 9-13 years old
- 2,000 IUs/day for children 14-18 years old
- 600 IUs/day for adults 19-70 years old
- 800 IUs/day for adults 71 and older
- 1,000 IUs/day for pregnant and breastfeeding women

Vitamin D supplements

Vitamin D supplements come in two forms:

- Vitamin D2
- Vitamin D3

Recommended daily intake of vitamin D

<table>
<thead>
<tr>
<th>Vitamin D</th>
<th>Amount</th>
</tr>
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<tbody>
<tr>
<td>Vitamin D2</td>
<td>400 IUs</td>
</tr>
<tr>
<td>Vitamin D3</td>
<td>600 IUs</td>
</tr>
</tbody>
</table>

Sources of vitamin D

1 Dietary intake

- Foods containing vitamin D: fish, eggs, fortified milk, cereal and orange juice, provide an extra source of vitamin D.
- Foods fortified with vitamin D: milk, cereals, and orange juice.

2 Sun exposure

- Sun exposure helps the skin produce vitamin D, but you need to be careful because too much sun exposure can increase the risk for skin cancer associated with UVB radiation.
- Sun exposure is most beneficial in the spring, summer, and fall when the skin is exposed to the sun for 5 to 30 minutes twice a week.

3. Other sources

- Summer,” Dr. O’Malley says, “because our bodies are becoming so popular.”
- “Many people have low levels of vitamin D, but...”

The U.S. Preventive Services Task Force says:

- “Many people have low levels of vitamin D, but have a medical reason to be tested.”
- “There’s no clear evidence that vitamin D testing improves health outcomes.”
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- “Testing has no proven benefit.”
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Vitamin D deficiency in asymptomatic adults.

- Vitamin D deficiency is associated with a number of serious conditions, including heart disease, cancer, and osteoporosis.
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Egg, 1 large
- 41 IUs
- 1 ounce
- 368,000 people had a vitamin D test in 2014 costing an estimated $33 million.

Milk, vitamin D-fortified, 1 cup
- 447 IUs
- 1 tablespoon
- 1,200 IUs
- 42.5% of upstate NYers had a vitamin D test in 2014 costing an estimated $33 million.

Cheese, Swiss, 1 ounce
- 112 IUs
- 2.5 tablespoons
- 2 tablespoons
- 600 IUs

Salmon (sockeye), cooked, 3 ounces
- 75 IUs
- 3 tablespoons
- 3 cups
- 5,000 IUs

Cod liver oil, 1 tablespoon
- 6,400 IUs
- 4 tablespoons
- 10 teaspoons
- 100,000 IUs

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Sources:

- Food and Drug Administration http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm118079.htm
- National Institutes of Health http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/
- Choosing Wisely | An Initiative of the ABIM Foundation http://www.choosingwisely.org/patient-resources/vitamin-d-tests/