

Vitamin D

The best is getting outside sun time 30 min. 3x a week!

Step 1

TALK TO YOUR DOCTOR

Get your levels checked once a year

Step 2

CHECK YOUR SUPPLEMENTS

Beyond 2,000IU's consider supplementing

Step 3

ADD FOOD TO IMPROVE ABSORPTION

Vitamin D foods

FOODS WITH VITAMIN D

Foods to add

- cod liver oil
- rainbow trout
- sockeye salmon
- mushrooms
- egg yolks
- Atlantic sardines
- fortified beverages
- tuna

Food Synergies

- cheese - calcium
- edamame - calcium
- spinach - magnesium
- avocados - magnesium
- kale - vitamin k
- broccoli- vitamin k
- brussel sprouts - omega 3's
- walnuts - omega 3s