

Vitamin D and Your Bones™

Understand its role, where it comes from and when a closer conversation may be useful.



WHY IT MATTERS

Vitamin D helps your body absorb calcium and supports normal bone mineralization. It also contributes to muscle function, which matters for balance and fall prevention.



1 HOW YOU GET IT

Your body can make vitamin D when skin is exposed to sunlight. Season, location, skin pigmentation, age, clothing, sunscreen and time outdoors all affect how much is produced.



2 FOOD SOURCES

Few foods naturally contain much vitamin D.

- Fatty fish such as salmon or trout
- Egg yolks
- Fortified milk or plant beverages
- Fortified cereals or other labeled foods



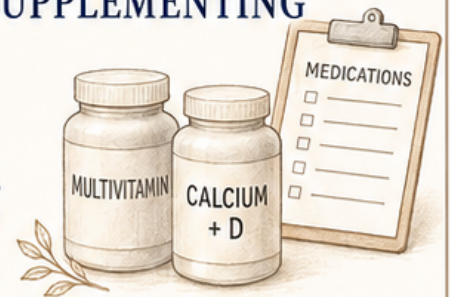
3 WHEN TESTING MAY COME UP

Ask whether testing is appropriate if you have osteoporosis, malabsorption, limited sun exposure, kidney or liver concerns, or take medicines that may affect vitamin D.



4 BEFORE SUPPLEMENTING

Count vitamin D from multivitamins, calcium products and other combination supplements. Review the total with your healthcare provider or pharmacist.



THE BLOOD TEST

The usual test for vitamin D status is called 25-hydroxyvitamin D, written as 25(OH)D. Your result should be interpreted alongside your health history rather than chased toward the highest possible number.



QUESTIONS TO ASK

- ☐ Do I have a reason to test my vitamin D level?
- ☐ What result range is appropriate in my situation?
- ☐ How much am I already getting from all products?
- ☐ Could a medicine or health condition affect my level?
- ☐ If I supplement, when should the plan be reviewed?



Gentle Reminder

More vitamin D is not automatically better. Excessive supplemental intake can raise blood calcium and cause harm.



Martine's Midlife Wellness Tip

Check every label before adding a separate vitamin D product. It often appears in more supplements than people realize.

