

Dr. Crowley's **Pharmacy**

Vitamin D3

Important for bone and muscle strength, immune function and healthy skin. Helps regulate the body's natural insulin levels. It helps the body absorb Calcium. Plays a role in producing serotonin and minimizing oxidative stress.

Vitamin D3 is produced naturally by your body when exposed to sunlight.

Factors to consider:

- **You can still get a sufficient amount of Vitamin D with sunscreen**
- **There are factors to consider such as , distance from equator, season, time of day, cloud cover, skin pigment, latitude and longitude.**
- **Your skin won't make Vitamin D when getting sun through a window**

You will need more Vitamin D however, and the best way to do that is through food. You will find that you feel better, have more energy and will be healthier in general if you are not deficient in Vitamin D3.

The following foods are a great source of Vitamin D3

**Red Meat
Fish
Mangos
Melon
Peaches
Apricots
Papaya**

**Eggs
Cheese
Sweet Potatoes
Peppers
Avocados
Broccoli
Squash
Carrots**

Although absorption of Vitamin D3 is best when done naturally, there are also foods that are fortified with Vitamin D3 such as Dairy, Cereal and Orange Juice.