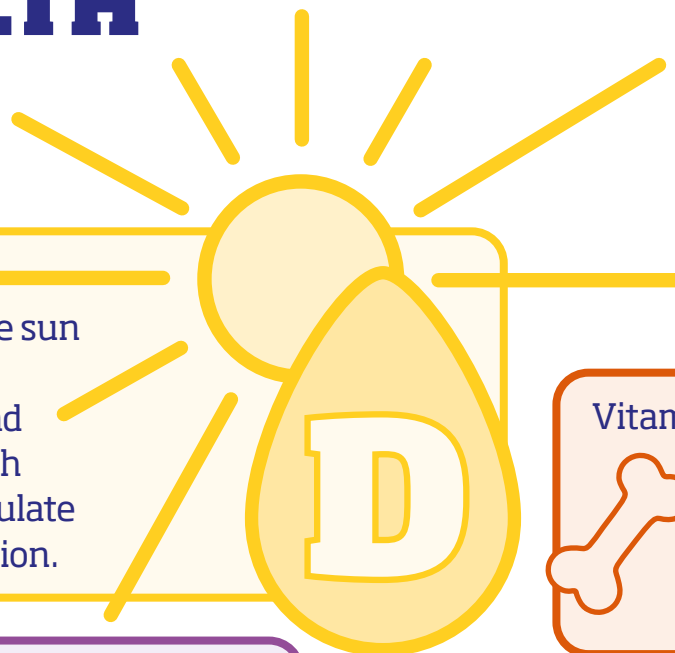



WINTER HEALTH VITAMIN D



During **winter** the sun leaves Scotland in the shadows and there is not enough **UVB rays** to stimulate vitamin D production.

Vitamin D is important for:

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- **healthy bones**
 - **muscle function**
 - **normal cell function**
 - **supporting immune function**

If you have been advised to take a **vitamin D supplement** by one of the Institute Doctors, it is important to take it at the **recommended dose and frequency** to improve or maintain your vitamin D levels over winter.



Recommended doses

Athletes over the age of 18 and staff should consider supplementing with 2000iu of Vitamin D per day from October until the end of March from either a pharmaceutical grade supplement or batch tested source. Athletes under the age of 18 should consider supplementing with 400iu of Vitamin D, again between October and the end of March from a pharmaceutical grade supplement. If unsure speak to a member of the Institute medical or nutrition team. Do not exceed these doses as larger doses could be harmful to your health.



How to Optimise Vitamin D

1. Increase consumption of foods high in vitamin D like fortified cereals, egg yolks, fortified milk, oily fish such as sardines, mackerel and salmon.
2. If you are lucky enough to go on holiday in the winter months to a warm destination make the most of sun exposure for short periods of 15 minutes to maximise vitamin D production and minimise sun burn.

