



### What is my blood vitamin D level and how does it compare to the recommended level?

The vitamin D level in your blood was tested on: (Date) \_\_\_\_\_ and the result was: \_\_\_\_\_.  
The normal level for your age is: \_\_\_\_\_.

### How can I maintain or improve my level?

- Eat foods high in vitamin D
- Get some sun exposure
- Take my vitamins as prescribed
  - Brand \_\_\_\_\_
  - Dose \_\_\_\_\_
- Take my vitamins with foods and, if prescribed, enzymes
- Other actions \_\_\_\_\_

### What is vitamin D?

Vitamin D is a fat-soluble vitamin. This means that it is absorbed into the body with fat. So, if you take enzymes, it is important to take them with your food and vitamin supplements. Vitamin D is special because your body can make its own when your skin is exposed to sunshine. This is why vitamin D is called the "sunshine vitamin."

### Why should I care?

The best known job of vitamin D is to help build and maintain strong bones and teeth. It does this by keeping the right amount of the minerals calcium and phosphorus in your blood. Without enough vitamin D, bones can become thin and brittle. People who have CF are at risk for bone problems. So, it is important to get the right amounts of vitamin D everyday.

SN ex521 12/6/05

### How much vitamin D do I need everyday?

The daily recommended vitamin D intake from infancy through adulthood for people who do not have CF is 200-600 International Units (IU). People who have CF need more. Each person's needs are different, with some people needing more than others. For children, these are the CF Foundation recommendations, which can be used as a guide:

Age	Vitamin D (IU)
0 to 12 months	400
1 to 3 years	400 to 800
4 to 8 years	400 to 800
8 years and older	400 to 800

The vitamin D in multivitamins designed for people who have CF is in a formulation that may make it easier to absorb.

### What are the best sources of vitamin D?

Few foods have large amounts of vitamin D. Some fish, such as mackerel and canned sardines have vitamin D, so do fish-liver oils, like cod-liver oil. Milk usually is fortified with vitamin D and has 100 IU of vitamin D per cup (8 ounces). Foods made from milk, such as cheese, yogurt, and ice cream may not be made from vitamin D fortified milk. Be sure to read the labels. Fortified cereals and fortified soy products contain vitamin D.

Sunshine on the skin is a great source of vitamin D. But, too much sunshine can put people at risk for skin cancer. So it is important to talk to your CF Healthcare Team about the right amount of sunshine for you.



### Can I get too much vitamin D?

It is possible to get too much vitamin D, especially from taking too much fish-liver oil or self-medicating with vitamin D pills. Some people who have CF need extra vitamin D in order to reach normal blood levels. It is best to work with your CF Center Healthcare Team to decide how much vitamin D is right for you.



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