

Benefits of Vitamin D *(the Sunshine Vitamin)*

Falls Prevention:

- Improves muscle function – decreases risk of falls
- Helps bones absorb calcium – builds stronger bones
- Plays a role in balance – reduces falls

Increases Mobility and Independence:

- Improves walking speed and acceleration
- May play a role in cognitive decision making
- Improves walking and navigation abilities

Recommendations:

- Recommended dose is at least 800 – 1000 IU per day with an upper limit of 2000 IU per day
- Ten minutes of sun per day on arms and face creates 400 IU in the skin (more skin exposure creates more Vitamin D)
- Vitamin D3 (cholecalciferol) is preferred over Vitamin D2 (ergocalciferol) because it is more potent

