## itamin D and Drugs Don’t Mix mage result for sun

#### Are you worried about your vitamin D status?

## https://www.solar-d.com/2017/08/vitamin-d-and-drugs-dont-mix/

Vitamin D

March 23, 2018

###### Concordia University – Nutrition Practicum

###### Why is it important for YOU?

###### Meet with a Professional

###### Research

There are many resources available to help increase your knowledge about vitamin D, as well as other vitamins and minerals that are important to health and athletic performance. Do you enjoy reading brochures, reading research articles, or attending presentations?

Are your worried about your vitamin D status? Reach out to your primary care physician to see if you qualify for vitamin D testing. If your levels are low, your PCP might recommend you see a registered dietician or nutritionist to further discuss your health, as well how to increase performance.

Moran, D., McClung, J., Kohen, T., & Lieberman, H. (2013). Vitamin D and physical performance. *Sports Medicine*, *43*(7), 601-611.

Miller, T. L., & Best, T. M. (2016). Taking a holistic approach to managing difficult stress fractures. *Journal Of Orthopaedic Surgery & Research*, *11*1-8. doi:10.1186/s13018-016-0431-9

He, C., Handzlik, M., Fraser, W. D., Muhamad, A., Preston, H., Richardson, A., & Gleeson, M. (2013). Influence of vitamin D status on respiratory infection incidence and immune function during 4 months of winter training in endurance sport athletes. *Exercise Immunology Review*, *19*86-101.

## References

Vitamin D is involved in the up-regulation of antimicrobials that protect the body against viruses (He et al., 2013). In addition to this, vitamin D is also involved in the activation of T-cells and cytokine, both of which are involved in fighting infection (He et al., 2013).

### Immune Function

When vitamin D levels are low, immune system function is compromised, and respiratory illness can develop.

Previous studies have shown that low serum vitamin D status was associated with increased risk of upper respiratory tract infections in endurance athletes (He et al., 2013).

Vitamin D helps to regulate calcium and phosphorus levels in the body. Specifically, vitamin D enhances the absorption and deposition of calcium (Moran et al., 2013). It does this via involvement in the creation of a protein that is responsible for calcium transport.

When vitamin D levels are low, parathyroid hormone secretion increases, which leads to bone resorption and decreased bone mineral density (Moran et al., 2013).

Previous studies have shown that low serum vitamin D status was associated with an increased risk of stress fractures (Miller et al., 2016).

## Immune Function

Did you know that the majority of your vitamin D intake comes from sunlight? Only a small amount is ingested through the diet. This makes people who live in milder climates more prone to stress injuries!

## http://qvcc.edu/summercollege/sun-png-image/

Did you know?

## Bone Health

### Bone Health

# Deficiency

# **Functions**