

Sources of vitamin D: Sunlight, Diet, and Tanning

To address vitamin D deficiency, increase intake from a variety of sources.

Sunlight is the most effective. The duration varies by skin tone: for lighter skin that burns after 30 minutes, only 10-15 minutes is needed, while deeper skin tones may require closer to an hour of exposure. In addition to skin tone, other factors—such as location, season, and time of day—also significantly impact how much vitamin D your body produces from sun exposure.

Alongside sunlight, dietary sources such as fish oil, fatty fish, eggs, and chicken can help raise vitamin D levels.

Tanning devices equipped with UVB components provide an alternative, effectively mimicking sunlight's impact on vitamin D production. This approach is useful especially for individuals in northern regions or those who receive insufficient dietary vitamin D.

Consult with your Healthcare Provider

Before making changes to your vitamin D routine, it's crucial to consult with a healthcare provider. They can conduct tests to measure your 25-hydroxyvitamin D3 levels, determining how much active vitamin D your body has and what is needed.

Need more information?

Visit our website ultrasuninternational.com for more details and source material.

For further inquiries, contact your local tanning consultant or email us at info@ultrasuninternational.com.

Connect with us



Contact us

Ultrasun International

Granaatstraat 6
7554 TR Hengelo
The Netherlands

+31 74 291 22 15

info@ultrasuninternational.com
www.ultrasuninternational.com



DISCOVER THE BENEFITS OF THE
SUNSHINE VITAMIN

Vitamin D



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The importance of vitamin D

Vitamin D, commonly known as the Sunshine Vitamin, is crucial for health. Produced in response to sun exposure, it can also be obtained from food or tanning.

Ensuring sufficient vitamin D levels supports bone and dental health, regulates insulin, and boosts cardiovascular health.

But what is vitamin D exactly?



What is vitamin D?

Vitamin D is actually a prohormone, not a vitamin. Similar to hormones like estrogen, your body synthesizes vitamin D (specifically D3) when your skin absorbs sunlight.

Research* suggests 5-10 minutes of sun exposure can help maintain healthy levels, though this depletes quickly, especially during winter.

*Hollick - 2004

Health Benefits of vitamin D

Vitamin D plays a critical role in hormone function and aids in absorbing minerals like calcium, magnesium, and iron. In its active form, D3, it supports bone health, boosts immunity, and offers various other health benefits.

Top 6 vitamin D benefits

Boosts Immunity



Encourages white blood cell production.

Improves Mood



Regulates your mood and boosts happiness.

Aids Weight Loss



May support weight management.

Strengthens Bones



Improves calcium absorption for strength.

Reduces Diabetes Risk



Supports balanced insulin and glucose levels.

Fights Heart Disease



Lowers renin to aid heart health.

Vitamin D Deficiency: Causes and Effects

While the benefits of adequate vitamin D levels are well-documented, deficiency is still widespread globally. Several factors contribute to this issue. Due to higher melanin levels in their skin, individuals with darker skin tones absorb fewer UVB rays, which are essential for vitamin D production. Additionally, the use of sunscreen with SPF 30 or higher can impede the body's ability to synthesize vitamin D by up to 95%.

Geographical location, lifestyle choices, and environmental factors play significant roles as well. People living in northern latitudes, areas with high pollution, or who work night shifts often receive limited sun exposure, heightening deficiency risks.

Symptoms of vitamin D Deficiency

Deficiency in vitamin D can present various symptoms and health issues. Common signs include obesity, psoriasis, osteoporosis, fibromyalgia, and an increased risk of fractures. Additionally, deficiency is linked to a higher susceptibility to certain cancers, neurodegenerative diseases such as Alzheimer's and dementia, diabetes, and depression.

Low levels of vitamin D are also associated with frequent infections, fatigue, osteopenia, high blood pressure, headaches, weight gain, bone and joint pain, and mood swings.