

Vitamin D: effective and effective supplement

Vitamin D has many important effects on the body from keeping strong bones to strengthen the immune system ... Let's learn about the great uses of vitamin D as well as the time and way of good supplements most to have a healthy body.

Vitamin D is also known as Sun vitamin, "sun-dried" vitamin because it only takes about 10 minutes to sunbathe on a sunny day so your body can synthesize vitamin D enough for one day.

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The role of vitamin D with the body

Vitamin D helps strengthen bones

Lack of vitamin D, the body will not be able to produce enough hormones calcitriol, so it cannot be low in calcium intake from food. Then, the body takes calcium from the bone, which makes the bone weaker, more spongy and brittle and prevents new bone formation.

Lack of calcium can lead to rickets in children, osteoporosis and osteomalacia in the oldest menopausal women and menopause.

Vitamin D enhances the body's immune system

Vitamin D helps T cells - a type of cell that kills bacteria and viruses that enter the body more efficiently, helping strengthen the body's immune system. This helps prevent flu, colds and other respiratory infections.



Add vitamin D properly

When taking vitamin D supplements, especially for young children, there must be a doctor's appointment to avoid poisoning. Excess of this vitamin leads to an increased risk of kidney stones and heart attack.

For small children

The vitamin D requirement for children is not more than 400IU / day, equivalent to 10mcg. Therefore, if parents give their children a multivitamins containing high levels of vitamin D, the dosage should be reduced or discontinued.

If a child has had rickets and has been prescribed a high dose vitamin with a dose of more than 1000 IU by a doctor, after the treatment, the child should be re-examined to lower the dose.

Should children give vitamin D rich foods such as eggs, fish, milk, liver .

Adults

The daily requirement for vitamin D in adults varies with age:

1. The 50-year-old is 200 units (IU) for both men and women.
2. From 50 to 70 years old is 400 IU.
3. After 70 years of age is 600 IU.



Foods rich in vitamin D

In addition to supplementing vitamin D with synthetic tablets, we can supplement them in a natural way like sunbathing, increasing the use of vitamin D-rich foods.

Cod liver oil

In 100 grams of cod liver oil contains 10.001IU of vitamin D. Because of high vitamin D content, we should only add a moderate amount of fish liver oil every day, to avoid abuse.

Fish

Fish including tuna, herring, mackerel and salmon are excellent sources of vitamin D.



Mushroom

The amount of vitamin D in mushrooms is very high due to being exposed to many ultraviolet rays of the Sun during the development phase. The amount of vitamin D in each type of fungus is different: white button mushrooms contain quite a lot of this vitamin, mushrooms only provide 3% of the necessary vitamin D every day.

Milk

Dairy products are rich in vitamin D and calcium. A glass of milk contains 127 IU equivalent to 21% of the amount of vitamin D your body needs to absorb each day.

Egg

A bird egg yolk can provide 6% of vitamin D to the body. In addition, eggs contain many other nutrients such as protei, sulfur, other essential vitamins .

Preparations from soybeans

100 grams of tofu contains 157IU and in 100ml soymilk provides 49IU of vitamin D. In addition, soy products are an excellent source of calcium for the body.

Clam

6 medium oysters provide about 269 IU of vitamin D. In addition, oysters are also a good source of zinc, iron, copper, manganese, vitamin B12 and selenium. However, cholesterol levels in oysters are quite high, so people at risk of cardiovascular disease or stroke should eat a moderate amount.

Nutritious cereals

Most nutritious cereals contain lots of vitamins and essential nutrients. 100g cereals are provided to 342IU, even with nutritional cereal products combined with milk or soy milk, the amount of vitamin D is even higher.

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