

Why can taking vitamin D at the wrong time cause metabolic disorders?

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Why taking vitamin D supplements at the wrong time can have negative effects on the body.

Taking vitamins or ensuring adequate vitamin intake are common phrases in the medical field. Your parents may even have advised you to take vitamins daily when you were a child . However, simply taking vitamins may not be enough. The timing of taking them – more specifically, what you take them with – can affect absorption.

For example, combining iron and calcium can weaken bones because the two substances compete for absorption, causing an imbalance that leads to a higher risk of fractures and pain.

The way you supplement a particular vitamin can either help or harm your metabolism, thereby affecting your risk of developing conditions such as high cholesterol, diabetes, and obesity.

Studies and experts suggest that it's best to take vitamin D supplements at the same time as a meal or snack containing healthy fats, such as omega-3-rich avocados.

Although vitamin D can still be absorbed without dietary fat, it is absorbed more effectively when taken with fat. When you eat fat, your body releases bile and enzymes into your stomach to aid in breaking down the fat, making it easier to digest and absorb. When vitamin D is supplemented at the same time, it can bind to those fats and be absorbed more easily.



When should you take vitamin D supplements?

Is it better to take vitamin D in the morning or evening for your metabolic health? It turns out, it doesn't really matter.

There isn't a specific timeframe that applies to everyone. However, it's important to take vitamin D with meals containing healthy fats... because fats help improve the absorption and bioavailability of vitamin D.

Additionally, sleep can also affect metabolic health. Studies on taking vitamin D before bed and sleep quality have shown mixed results; some studies indicate it reduces melatonin production (the sleep hormone), while others suggest it improves sleep quality.



How much fat should I eat to absorb vitamin D effectively?

There's no specific number. Any amount of fat, however small, will help improve absorption to some degree.

Nutritionists recommend that 25% to 30% of your calories should come from healthy fats. Whenever you include healthy fats in a meal or snack, it's a good time to supplement with vitamin D (either through food or supplements).

If you're getting your vitamin D from fatty fish, you're combining it with anti-inflammatory omega-3 fatty acids that are beneficial for cardiovascular health. If you're taking a supplement, you can combine it with other foods that provide omega-3 fatty acids, such as chia seeds, flax seeds, or walnuts. Or, you can combine it with foods rich in heart-healthy monounsaturated fats, such as avocados, olive oil, and nuts.

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