

Vitamin D Guidance for Athletes

THE SUNSHINE VITAMIN!



Vitamin D is predominantly produced in the skin from exposure to sunlight during the summer months

Vitamin D plays an important role in many aspects that may impact on the health and training ability of athletes including:

- ✓ *Bone health*
- ✓ *Muscle function*
- ✓ *Immune health*



A few foods also contain small amounts of vitamin D including:

- ✓ *Oily fish such as salmon*
- ✓ *Egg yolk, milk, meat & liver*
- ✓ *Some fortified foods such as margarine & breakfast cereals*



People living in the UK are at risk of low vitamin D levels particularly in the autumn & winter months when the sun's UV rays are not strong enough



Some athletes are at greater risk of low vitamin D levels including:

- ✓ *Those who spend very little time outside in the summer months (for example training indoors)*
- ✓ *Athletes with darker skin tones living in the UK*
- ✓ *Those who cover most of their skin when outside or who always use sunscreen*



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All adults and children over the age of one are advised to consider taking a daily supplement containing 10 micrograms of vitamin D during autumn and winter



It is recommended that athletes increase this to 25-50 micrograms of vitamin D per day (1,000-2,000IU)



All athletes are required to assess the need, risk and consequences before taking any supplementation [UKAD](#) . Athletes must only purchase nutritional supplements that have been batch tested for contamination with prohibited substances through [Informed Sport](#) . Athletes are reminded to retain a record of all supplements taken including batch numbers.

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Too much can be harmful. Children aged 1-10 should not take more than 50 micrograms (2,000IU) daily and adults shouldn't take over 100 micrograms (4,000IU daily).



Remember to check the vitamin D content of all supplements that you use to ensure you don't take more than the upper limit



*Recommended product
[Healthspan Elite Vitamin D3
1000IU](#)*

