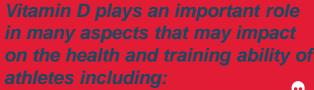
## Vitamin D Guidance for Athletes

THE SUNSHINE VITAMIN!



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



- ✓ 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 suns 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

Updated September 2020. Prepared by the Sport Wales Institute Performance Nutrition Team performance.nutrition@sport.wales

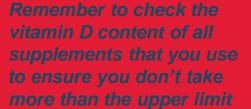


All adults and children over the age of one are advised to consider taking a daily supplement containing 10 micrograms of vitamin D during autumn and winter





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







risk and consequences before taking any supplementation <u>UKAD</u>. Athletes must only purchase nutritional supplements that have been batch tested for contamination with prohibited substances through <u>Informed Sport</u>. Athletes are reminded to retain a record of all supplements taken including batch numbers.

Recommended product
Healthspan Elite Vitamin D3
1000IU



