



For healthy bones and lungs

Vitamin D

What is my blood vitamin D level and how does it compare to the recommended level?

The vitamin D level in your blood was tested on:

(Date) _____ and the result was: _____.

The normal level for your age is: _____.

How do I maintain or improve my intake?

- Eat foods high in vitamin D
- Get some sun exposure
- Take my vitamins as prescribed

Brand _____

Dose _____

- Take my vitamins with foods and, if prescribed, enzymes
- Other Actions _____

What is vitamin D?

Vitamin D is a fat-soluble vitamin. This means that it is absorbed into the body with fat. So, if you take enzymes, it is important to take them with your food and vitamin supplements. Vitamin D is special because your body can make its own when your skin is exposed to sunshine. This is why vitamin D is called the “sunshine vitamin.”

Why should I care?

The best known job of vitamin D is to help build and maintain strong bones and teeth. It does this by keeping the right amount of the minerals calcium and phosphorus in your blood. Without enough vitamin D, bones can become thin and brittle. People who have CF are at risk for bone problems. So, it is important to get the right amounts of vitamin D every day.

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How much vitamin D do I need every day?

From infancy throughout adulthood, each person's need for vitamin D is different, with some people needing more than others. The CF Foundation recommends that vitamin D be prescribed in a step-wise fashion, starting with multivitamins designed specifically for people who have CF. The vitamin D in the CF multivitamins is in a formulation that may make it easier to absorb. Some people who have CF need extra vitamin D to reach normal blood levels and may be prescribed a CF multivitamin with more vitamin D or a separate vitamin D pill. Some children and adults will require additional amounts throughout life. These are the CF Foundation's starting dose recommendations, if more D is needed the CFF "Step"* recommendations should be followed:

Age	Vitamin D	
	(IU)	(mcg)
0 to 12 months	400 - 500	10 - 12.5
>12 months to 10 yrs	800 - 1,000	20 - 25
>10 yrs to 18 yrs	800 - 2,000	20 - 50
>18 yrs and older	800 - 2,000	20 - 50

What are the best sources of vitamin D?

Few foods have large amounts of vitamin D. Some fish, such as mackerel and canned sardines have vitamin D, so do fish-liver oils, like cod-liver oil. Milk usually is fortified with vitamin D and has 100 IU of vitamin D per cup (8 ounces). Foods made from milk, such as cheese, yogurt, and ice cream may not be made from vitamin D fortified milk. Be sure to read the labels. Fortified cereals and fortified soy products contain vitamin D.

Sunshine on the skin is a great source of vitamin D. But, too much sunshine can put people at risk for skin cancer. So it is important to talk to your CF Healthcare Team about the right amount of sunshine for you.

Can I get too much vitamin D?

It is possible to get too much vitamin D, especially from taking too much fish-liver oil or self-medicating with vitamin D pills. It is best to work with your CF Center Healthcare Team to decide how much vitamin D is right for you.

This educational service is brought to you by the manufacturers of MVW Complete Formulation® Multivitamin Pediatric Drops, Chewables and Softgels, addressing both routine dosing and step increases as outlined in the CF Foundation's 2012 Guidelines. The information contained in this card is not meant to replace the medical advice of your CF Healthcare Team. *This information meets the guidelines and standards of the Cystic Fibrosis Foundation's Education Committee.*

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