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DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE  
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## **D3**

### **Most Active Form of Vitamin D**

- Important for patients with bone loss, including osteoporosis
- Targets seniors looking to improve muscle strength
- Great for patients with auto-immune diseases
- Good for patients needing lower blood pressure
- Supports patients wanting an immune booster
- Good for patients looking to reduce risk of certain cancers: colon, breast, prostate

Vitamin D is an essential nutrient that is made in the body when the skin is exposed to sunlight. The sunlight needs to be at its most intense (between 11AM and 3PM) and hit the skin directly without clothing or sunscreen blocking sunlight.

Vitamin D is found only in a few foods such as liver, mackerel, tuna, herring and sardines.

Most of us are inside buildings or cars during peak sun hours, or we wear clothing and sunscreen that blocks the skin from being able to make vitamin D.

Studies show that more than 50% of adult Americans are deficient in vitamin D (even in sunny Florida), and this number is even higher in Northern states where the sunlight is less intense, particularly in the fall and winter months.

D3 is an easy-to-take, highly absorbable form of natural vitamin D that targets patients looking to maintain healthy vitamin D levels.