

Mayo Clinic Minute

How much vitamin D do you need?

Video	Audio
	It helps keep your muscles strong and your bones from breaking, but most Americans don't get enough vitamin D.
SUNDEEP KHOSLA, M.D. ENDOCRINOLOGY Mayo Clinic	00:07:02 "a substantial proportion of the population may well have what we would call either vitamin D insufficiency where it's kind of borderline low or frank vitamin D deficiency."
	Mayo Clinic's Dr. Sundeep Khosla says exposure to sunlight is the easiest way to get vitamin D, generally 30 minutes a day does the trick.
	But that can be tough for a lot of people...especially during the winter....so food and drinks can help fill gaps.
	Most dairy products these days are fortified with vitamin D, as are some other items like orange juice.
	But Dr. Khosla says vitamin D-filled food options are limited.
	00:03:11 so for many people taking a vitamin D supplement is perhaps the best way to ensure adequate vitamin D amounts, and for most people somewhere between 600 and 800 units of vitamin D – which is, in fact, what most multivitamins now contain – is sufficient to maintain adequate vitamin D levels.
	But recent studies show excessive vitamin D supplements might lead to kidney and heart issues, an increase in

	fractures and falls, and even certain types of cancer.
	00:09:39 I think the bottom line is you need to get enough vitamin D – 600 to 800 units is probably enough”
	For the Mayo Clinic News Network, I’m Ian Roth.