

Mayo Clinic Minute: Do you need more vitamin D in the winter?

VIDEO	AUDIO
Jason	Winter. The days are shorter, and you spend more time indoors where it's warm. But with a lack of sun exposure, are you getting enough vitamin D?
1:05 Jesse Bracamonte, D.O. Family Medicine Mayo Clinic	"It comes from the sun in the form of UV light in which your body uses that UV light to help to synthesize, or make, vitamin D."
Jason	But Mayo Clinic's Dr. Jesse Bracamonte says the sun isn't the only source of vitamin D.
02:56 Dr. Bracamonte	"There are many foods that have vitamin D. Foods also are fortified with it, such as cereals, orange juices and milk have vitamin D. If you get enough from your sources, such as even eating fish such as tuna or salmon, that's an adequate source."
03:10 Dr. Bracamonte	"In cases where you don't think you're getting enough, a low-dose vitamin D supplement may be beneficial to help the bone health, help your musculoskeletal health and maybe stave off some additional diseases. Low-dose vitamin D is usually in the general multivitamin. That typically suffices."
Jason	He says he recommends taking the supplement in the morning with food.
	And if you're concerned that you're not getting enough vitamin D, ask your clinician for a simple blood test to check your vitamin D levels.
Jason	For the Mayo Clinic News Network, I'm Jason Howland.