

Benefits of Vitamin D

Taking Vitamin D supplements

- ➔ If you are taking pancreatic enzymes, be sure to take your vitamin D supplements with meals to get the most benefits.
- ➔ If you forgot to take your vitamin D supplement, don't worry! You can double up the dose on the following day, however, this is not true for all your CF Vitamins.

Why is vitamin D important?

Vitamin D is vital for proper development, growth and maintenance of a healthy body. Vitamin D helps the body to use calcium and phosphorus to build and maintain strong and healthy bones. Without adequate vitamin D intake, blood levels of calcium and phosphorus can decrease, leading to depletion of calcium from bones in order to help bring blood levels to normal. This process can lead to weak and porous bones and result in osteoporosis.

Vitamin D may also play a role in:

Cystic fibrosis-related diabetes. Research shows that low dietary intake and low serum levels of vitamin D may be a risk factor for cystic fibrosis-related diabetes, especially in children.

Cancer. Research shows a connection between increased levels of vitamin D through sunlight exposure and supplements and reduced risk of breast, colon and rectal cancers.

Depression. Research shows a possible connection between low levels of vitamin D and increased risk of depression. Vitamin D supplements may have a positive effect on those who suffer from depression by improving their long-term health and quality of life.

Immunity. Research shows that vitamin D may play a role in regulating the immune system and its ability to fight infections. For example, vitamin D may lower the risk of common colds by producing compounds with antibiotic qualities. Also, vitamin D supplements may reduce the risk of influenza or help with lessening its symptoms by producing anti-vital compounds and reducing overall inflammation in the body.

Inflammation – Immerging research suggests that high dose vitamin D may play a role in decreasing lung inflammation in Cystic Fibrosis.

Now, after reading all the possible health benefits of vitamin D, there is no reason why you shouldn't take a daily vitamin D supplement. It's safe, it's free (through the CF drug program) and easy to take!