

## How much vitamin D do I need?

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Many who live in the Northwest are vitamin D deficient. This is due to many reasons. One, is that we do not get enough sunlight to help produce enough vitamin D, often because many people have indoor jobs.

Common symptoms include muscle or joint pain, weakness, tiredness and fatigue, and possibly depression. There is a blood test to determine vitamin D deficiency, however, most insurance companies don't cover it.

Natural food sources of vitamin D include salmon, shrimp, milk, yogurt or fortified orange juice. It can be difficult to get enough vitamin D each day through sun exposure and food alone. Taking a vitamin D supplement can help, although, there is controversy about the amount of vitamin D needed daily.

Research shows we need more vitamin D than was once thought. Adults up to age 70 need at least 600-1000 international units (IUs) a day. The general consensus is to have at least 1000 international units of vitamin D daily. Most vitamin D supplements will contain at least 1000 IUs. The best option is vitamin D3, which is more easily absorbed by the body.

If you have further questions about vitamin D deficiency, please [contact us](#) .

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