Vitamin D & Your Body

You may know vitamin D for its partnership with calcium in building strong bones.

1. DEPRESSION
Vitamin D is an important nutrient for mental well-being. Light therapy, which helps raise levels of vitamin D in the body, is used to treat women with seasonal affective disorder, schizophrenia, depression and other mental disorders.

2. BLOOD PRESSURE
In one study, people with hypertension exposed to ultraviolet B light not only increased their vitamin D levels about 180 percent, but reduced their blood pressure to normal levels.

3. CANCER RISK
Maintaining high levels of vitamin D could reduce the risk of breast cancer as much as 50 percent, colorectal cancer up to 253 percent, and heart disease, stroke and peripheral artery disease more than 100 percent.

4. IMMUNE SYSTEM
Low vitamin D levels put women at risk for infectious diseases like colds and flu. Vitamin D helps immune system cells destroy the bacterium that causes tuberculosis, increases production of insulin and enables heart cells to contract.

5. DIABETES
Research is under way to determine if high vitamin D levels may help prevent or delay the onset of type 2 diabetes in adults who have prediabetes and are at high risk for type 2 diabetes.

6. STRONG BONES
Vitamin D helps the body absorb calcium, an important nutrient for building bone and slowing bone loss. It also can help treat the symptoms of osteoporosis.

Find out if you’re getting enough vitamin D: www.HealthyWomen.org/vitamin-d