

A vitamin D-lightful summer

ANCHOR LEDE

Summer is a time to soak up the sun, a primary source of vitamin D. Should you be concerned that you're getting too much or too little vitamin D?

TAKE VO

Experts say if you know your body and take the usual sun precautions like wearing sunscreen, you should have a worry-free summer.

SOT

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"The average person will get it through the sun. If you live in a cold and dark environment, you're at higher risk for vitamin D deficiency. People farther away from the equator are higher risk." (:15)

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Try for 10 to 15 minutes of sun three times per day.

If you have symptoms of too much or too little vitamin D or just have a concern, talk to your primary care provider. Symptoms include muscle aches, nausea, vomiting, a rapid heartbeat and kidney damage.