

A vitamin D-lightful summer

SOT

Maddy Draper (DRAY-per), APRN
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"Or the provider may just talk about vitamin D-rich foods first before starting a supplement. High fat fishes, egg yolks, some cheeses and mushrooms." (:11)

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"You want to protect your skin while doing that. Sunscreen and protective clothing like a hat and sunglasses. There's not any research showing that sunscreen or clothes will prevent you from getting the vitamin D you need." (:17)

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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)