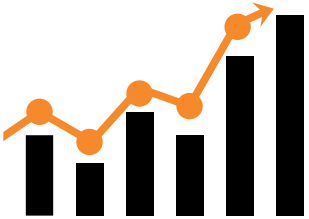


# DID YOU KNOW?

## VITAMIN D



### PERFORMANCE IMPACT

- Assist with muscle repair after training and exercise
- Enhance calcium absorption - increased bone strength
- May influence muscle growth during intense training periods
- Help reduce risk of URTIs during competition season and travel

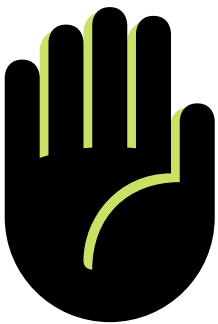


### LONG TERM IMPACT

- May improve immune health and function
- Supplement may enhance muscle strength & performance
- Healthy bone maintenance, strength and formation
- May help reduce symptoms of depression

### DOSE AND USE PROTOCOL

Consume fortified Vit. D foods and get > 15-30 min./day sunlight



Blood 25[OH]D < 75 nmol/L:  
Consume 2000 - 4000 IU/Day Vit. D3

If no blood values available:  
Possibly supplement with 1000-4000 IU/Day Vit. D3



### CAUTION

- Insufficient levels can lead to brittle bones, stress fractures, increased muscle pain/weakness, & increased risk of URTIs
- Dark-skin athletes may need more sunlight/supplementation
- Winter months = less sunlight/depressed Vit D levels