



# VITAMIN D

**Vitamin D** is important for:

- ✓ healthy bones
- ✓ muscle function
- ✓ normal cell function
- ✓ supporting immune function

The human body produces **vitamin D** when the skin is exposed directly to sunlight (UVB rays)



**Consider** when you train – is it during the optimal vitamin D window? [Check out our handy tips below](#)

## Short shadow

The **best time** of day to **maximise** your vitamin D production from the sun is when your **shadow is shorter** or the same height as you

## How to Optimise Vitamin D Production

- **15-20 minutes** of direct sun exposure from **April to September**, in **Scotland**, is normally enough for healthy individuals.
- Train or eat lunch **outside** in shorts when your shadow is **short**.
- Skin must be **directly exposed** to the sun *i.e.*, without sunscreen & wearing shorts and t-shirt.
- **HOWEVER.....** Care needs to be taken to **prevent sunburn** by moving out of the sun or covering up before the skin reddens.
- **Sunlight is the BEST source of vitamin D**, however, there are some **dietary sources** which can be consumed to support production from the sun.

Fortified Cereals      Mackerel  
Egg yolks      Fortified Milk      Oily fish  
Sardines      Salmon