

Maintaining Healthy Vitamin D Levels: Your Essential Guide

This guide is designed to provide general recommendations for maintaining healthy vitamin D levels based on different circumstances. Keep in mind that these are guidelines only—always consult with your healthcare provider for personalised advice.



Symptoms of Vitamin D Deficiency

- Persistent fatigue and low energy levels.
- Muscle weakness or joint pain.
- Frequent colds or infections due to a weakened immune system.
- Mood changes, including feelings of depression or irritability.
- Bone pain, which may indicate long-term issues



Suggested Daily Vitamin D Intake

Situation	Suggested Dosage
Limited sun exposure but not at ideal levels	Adults: A minimum of 600 IU/day; Adults over 70: At least 800 IU/day.
Avoiding sun or at high risk of deficiency	Higher intake may be required: Between 1,000 and 2,000 IU/day.
Moderate to severe deficiency	3,000–4,000 IU/day for 6–12 weeks to quickly restore levels, then a maintenance dose of 1,000–2,000 IU/day as directed by a healthcare professional.

Guidance based on Australian Prescriber and Healthy Bones Australia clinical recommendations. Individual needs vary; always consult your healthcare provider.

Additional Ways to Achieve Healthy Vitamin D Levels



Sun Exposure

Safe sunlight exposure is one of the best ways to naturally boost vitamin D. Aim for short, regular periods of exposure during non-peak UV hours to maximise benefits while protecting your skin. In winter, especially in southern states, sun exposure alone often isn't enough; supplementation matters more.



Nutrient-Rich Foods

Enhance your vitamin D levels by incorporating nutrient-rich foods into your diet. Fatty fish like salmon, mackerel, and tuna, egg yolks, fortified products such as milk, cereals, and plant-based alternatives, as well as UV-exposed mushrooms, are excellent sources to support your health naturally.



Supplements

If your vitamin D needs aren't met through sunlight or diet, supplements can be a great alternative. Always consult with your healthcare professional to find the dosage that's right for you.



Health Monitoring

Regular check-ups and blood tests are key to tracking your vitamin D levels. Monitoring helps ensure your levels remain in the optimal range, supporting your overall health and well-being.

Immediate Help at the Press of a Button

Small, consistent steps can make a real difference to your vitamin D levels and overall health. With INS LifeGuard's 24/7 monitored personal alarms and nurse-on-call emergency response, help is always within reach, backed by 40+ years of experience.

Call 1800 636 040 or visit www.inslifeguard.com.au