

Five Signs that you might need to Supplement your Vitamin D3 intake





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Vitamin D

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Vitamin D – often referred to as the ‘sunshine vitamin’, is essential to a healthy, properly functioning body and mind. We need Vitamin D for a number of functions in the body. A lack of Vitamin D can lead to sluggishness, depression and, if left untreated, more serious health complications. We need to be aware if we need supplement our daily Vitamin D3 intake.

At Vegetology, we love science. We spend time researching what our bodies need and the best ways to get those minerals and vitamins, whatever your diet, whilst protecting the planet.

Vitamin

D

A lot of people aren't getting enough Daily Vitamin D

Now it may surprise you to hear that Public Health England (PHE), the government body who exist to protect public health, said in a report last year that a lot of us aren't getting enough daily Vitamin D all year round. This is partly because of climate and where we get vitamin D from.

So what is Vitamin D, where does it come from and why do we need it daily? We look at all that and the five signs you might be low on Vitamin D.

What is Vitamin D?

Vitamin D is what regulates the amount of calcium and phosphate in the body. Both calcium and phosphate are needed for maintaining healthy bones, teeth and muscles. Vitamin D plays a vital role in the absorption of both of these substances.

But that's not the only role Vitamin D plays in a healthy body and mind – its role ranges from maintaining strong muscles, to heart, lungs and brain function, to helping your immune system function properly. Vitamin D is essential for a lot of the essential workings of your body.

Why does our body need Vitamin D?

Once Vitamin D has been absorbed into your body, it gets sent to your liver, which does the job of transforming it into a chemical that can be sent all over to the body. Different tissues, like your kidneys, turn it into activated Vitamin D. Once you have this 'activated Vitamin D' flying around your body it works in two main ways:

- Managing calcium in your blood, bones and digestive system
- Helping cells all over your body to communicate properly

Although there is a much more complicated scientific process than that, put simply, your body cannot function properly and healthily without the right amount of Vitamin D.





What is Vitamin D3?

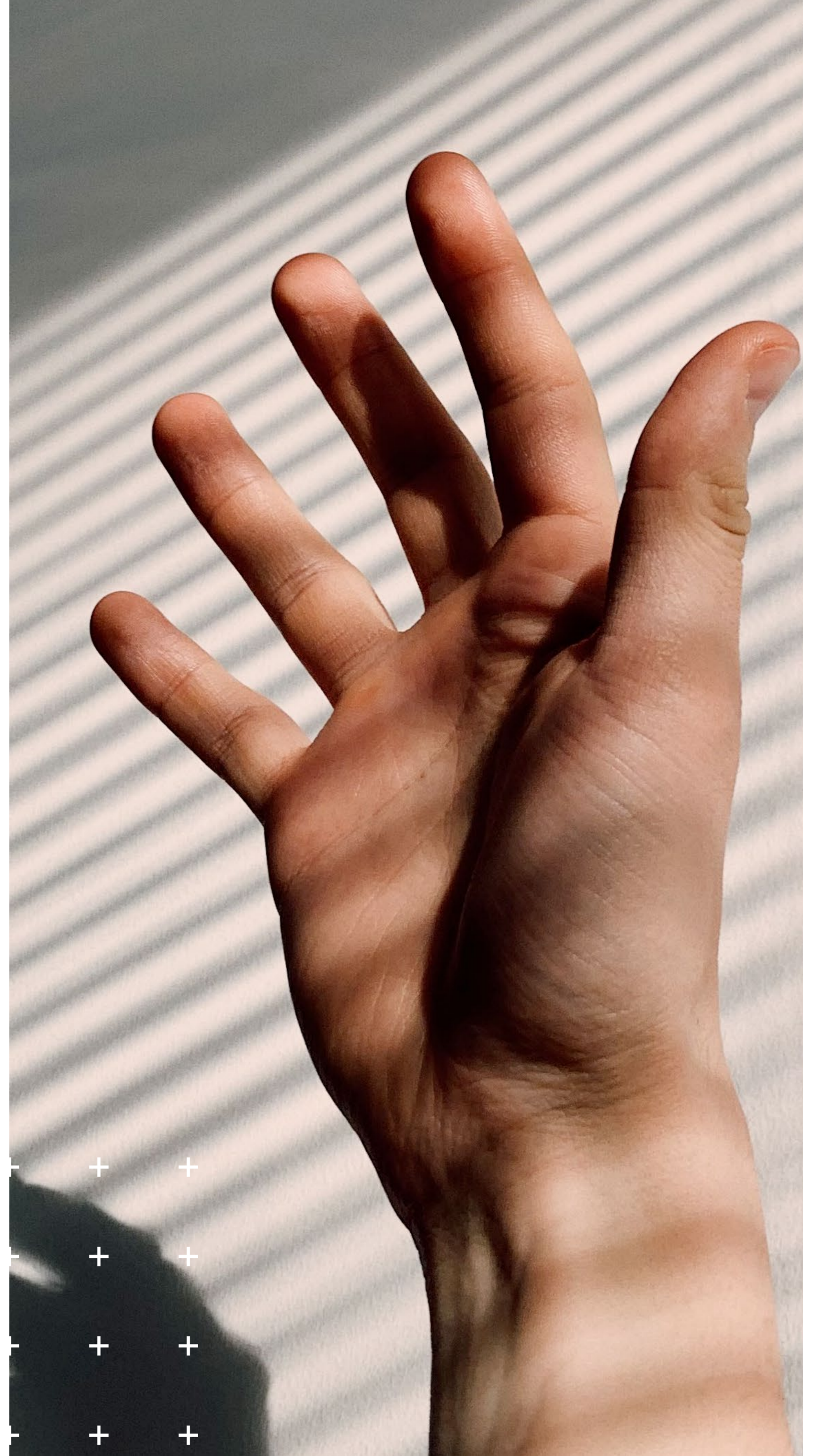
What can be confusing is seeing Vitamin D2 and Vitamin D3 on some packaging, websites and blogs. What's the difference? And what do we need?

So without going too deep into the science of it, there are two types of Vitamin D – Vitamin D2 and Vitamin D3, and one is much more useful to us than the other, so it's important we know the difference. This can be confusing when we're trying to work out if we are getting enough Vitamin D.

Vitamin D3, sometimes called calciferol, is the stuff that is produced when our skin is exposed to direct sunlight. It's all ready for our body to take in, metabolise and use. This is the form of Vitamin D we want to be getting.

Vitamin D2, sometimes called ergocalciferol, is the other form. It's like the analogue version of Vitamin D. There's a complex process that needs to take place in the body for Vitamin D2 to be ready for the body to use. That's why a lot of scientists agree that actually Vitamin D2 isn't really that helpful for our body, as it isn't the type we are used to absorbing and utilising.

So we want to be getting more daily Vitamin D3 than Vitamin D2 because that's what will help keep us healthy and will be the most beneficial.



Five Warning Signs You Might Need to Supplement Your Intake of Vitamin D3

We want to say first of all, this isn't a medical guide – if you think you might already have an actual vitamin D deficiency, you should seek medical advice. These are five warning signs that you need to get more daily vitamin D3 into your lifestyle to avoid developing a deficiency that would require medical attention.



1

Aches & Pains

The thing we all know Vitamin D does is help us with maintaining healthy bones, teeth and muscles. So it makes sense that a sign we aren't getting enough Vitamin D is that we start getting aches and pains. This is a sign that our muscles, joints and bones aren't working as well as they should.

Ageing Bones

When you reach around 30, your body stops building bone mass. This is why diseases like osteoporosis and arthritis develop often in later life. Sometimes we can think the aches in our bones are just a sign of ageing, or the start of those conditions, when actually our bodies are craving Vitamin D to help with absorbing enough calcium.

Broken Bones

Brittle or easily broken bones can be a sign that you haven't been getting enough Vitamin D for a longer period of time and that you have become deficient. This is something that would need medical advice.

Muscle Recovery

Vitamin D3 is also great for helping with muscle recovery after exercise. So if you aren't getting enough Vitamin D3 you might feel the after-effects of exercise, whether strenuous or not, for longer, as your muscles don't have the extra help they need to recover.

2

Excessive Sweating

If you find yourself breaking out in a sweat when you aren't even in a hot room, or haven't just exercised, then it could be a sign of a lack of Vitamin D3. Excessive sweating, particularly on the forehead is a common sign that your body is lacking Vitamin D.

This is one of the lesser talked about signs to look out for. It is particularly difficult because it can lead to people not spending time in the sun due to excessive sweating, which only makes them lack Vitamin D more.



3

Unexplained Fatigue

When we talk about fatigue, we mean more than just tiredness. We all lead busy lives and enjoy a lie-in every now and then to combat tiredness. Fatigue in this sense is talking about that unexplained tiredness, that unrelenting exhaustion that cannot be relieved by sleep.

So you go to bed tired, you sleep, you wake up exhausted. That's fatigue. And it's often a sign your body is lacking Vitamin D3.

It might not be that extreme – you might just go about your daily routine noticing that you don't have the energy you used to. Not being able to pinpoint why, you might have started having a nap, just feeling lacking in energy, like you're running on low.

That's all signs your body could be craving more Vitamin D3.



4

Depression / Low Moods

Have you ever spent the afternoon in the sun and felt happier than before? Have you ever struggled to get motivated on a dark winter morning? It's because of the link with Vitamin D and low mood.

Low Mood

A lack of Vitamin D can present like depression – you might have a low mood, be lethargic, generally not want to do anything. This is an area scientists are still researching into, after realising that Vitamin D does so much more than just affect our bones. It's thought that the receptors in our brain use Vitamin D too which is why a lack of it affects our mood.

SAD

SAD (Seasonal Affective Disorder), sometimes known as Winter Depression, affects about 20% of us every year (with a mild variant). Again this might make us feel lethargic, disinterested in daily tasks and have a low mood. This is a lack of Vitamin D from sunshine in the winter months.

Links to depression

There's also ongoing research into the links with depression and Vitamin D, and whether lower levels of Vitamin D have an effect on worsening existing conditions of depression. What we can see is that low mood can be an

5

Unexplained Weakness in Your Muscles

We have already talked about how Vitamin D3 can help with muscle recovery after exercise. Sometimes the weaknesses in your muscles come from ageing, injury or a lack of exercise. If you have a job where you are sitting you can find your muscles are underused and can become weak.

But if you are struggling with muscle control, maybe you have fallen and it felt like your legs gave way under you, then it may be a sign you aren't getting enough Vitamin D3 and may need to look at supplementing your Vitamin D3 intake.

Three Solutions If you Need to Supplement your Vitamin D3 Intake in your Muscles

Visit your GP/Medical Practitioner

We'd advise you to visit your GP if you are concerned you aren't getting enough Vitamin D3 daily and think you might already have a deficiency. If left untreated, a lack of Vitamin D can lead to more serious health complications or can exasperate existing conditions. You might need medical advice on how to supplement your vitamin D3 intake.

Take a daily vitamin D3 supplement

If you feel like you want to top up your Vitamin D, maybe you're always feeling sluggish or achy, there are lots of supplements you can get alongside your diet. As we said earlier whether you are following a plant-based diet or not it is unlikely you will get enough Vitamin D from your diet alone as you will be getting Vitamin D2, and you want to be getting Vitamin D3.

That's really important when it comes to choosing the right supplements too. Most vegan and vegetarian friendly supplements contain Vitamin D2, as the main source of Vitamin D3 has been from lanolin (the waxy substance in sheep's wool) or oily fish.

That's why Vegetology have developed Vit D3, a plant-based supplement, containing Vitamin D3. Advice from Public Health England is that everyone needs to have 10mcg of Vitamin D a day.

Suggested Product

VitD3



Download our guide - How to get more Vitamin D in your diet

If you want to find out more about how you get enough Vitamin D to help your body function at its best then download our free guide. [Click here to download the eBook](#)

You can find out why some people are more at risk than others of Vitamin D deficiency, find out how to supplement your intake of Vitamin D naturally and what to look out for in supplements.

