



## Vitamin D

*Vitamin D is important for many body functions. Vitamin D is very important for the bones.*

*It is presumed that low vitamin D concentration may reduce fertility in both women and men. However, this has not been scientifically proved so far.*

### Measurement of vitamin D

We recommend measurement of vitamin D in connection with fertility treatment. The concentration of vitamin D should be above 50 nmol/l. The ideal concentration is likely to be between 50-100 nmol/l.

If vitamin D has been too low and you have begun taking vitamin D supplementation, it is normally not necessary to measure vitamin D again. If vitamin D is measured again, it should be after several months, because changes/increments are very slow, even when you take vitamin D supplements.

### What if the vitamin D level is too low?

If the concentration of vitamin D is too low, the concentration may be increased in different ways.

1. Sunlight. When the sun's rays hit the skin vitamin D is produced. Vitamin D is produced also if the skin has been treated with sunscreen. People with dark skin also produce vitamin D in the skin but it takes more sunlight because the pigment functions as a filter.
2. Intake of food containing vitamin D. Especially 'fat' types of fish such as salmon and mackerel contain vitamin D.
3. Vitamin-supplements containing vitamin D (tablets).

### Vitamin D tablets

Tablets with vitamin D normally contain cholecalciferol (vitamin D3).

If the blood concentration of vitamin D is too low you may as a rule of thumb take a dose of vitamin D that is "50 minus the measured vitamin D concentration". If, for example, vitamin D in the blood test is 20 nmol/l, you should take a daily supplement of  $50-20 = 30$  micrograms ( $\mu\text{g}$ ) vitamin D3.

AS a rule of thumb the following doses of vitamin D are recommended when low levels of vitamin D has been measured in a blood test:

Measured D-vitamin under 25 nmol/l:	30-40 $\mu\text{g}$ vitamin D3 daily for 3 months. Then repeat blood test.
Measured D-vitamin between 25-50 nmol/l:	10-20 $\mu\text{g}$ vitamin D3 daily for several months.
Measured D-vitamin above 50 nmol/l:	No treatment. This is considered normal.

*Under normal circumstances you should not take high doses of vitamin D. Long term intake of more than 50 micrograms of vitamin D daily may result in serious side effects.*