



Who Needs to Be Tested for vitamin D Deficiency?

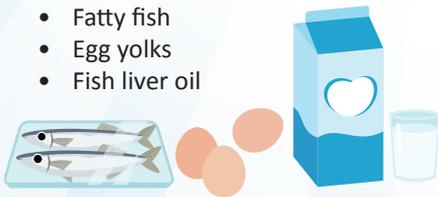
Clinical evidence shows that most people do not benefit from vitamin D testing. Vitamin D testing may be medically appropriate for people with the following conditions or taking the following medications:

- Osteoporosis, calcium disorders, rickets and other metabolic bone diseases
- Celiac disease, Cystic Fibrosis and other malabsorption syndromes
- Renal and Liver Disease
- Anticonvulsant medications

Dietary Sources of vitamin D

Foods rich in vitamin D include:

- Milk and other fortified beverages
- Fatty fish
- Egg yolks
- Fish liver oil



Choosing Wisely Manitoba

CWM, a partnership of the Centre for Healthcare Innovation and Diagnostic Services Manitoba, is an initiative to improve the appropriate use of diagnostic testing in our province.

Vitamin D & Me

Most of us don't have enough vitamin D in our bodies but very few of us have levels low enough to put us at risk for health concerns related to low levels of vitamin D.

Most of us can get enough vitamin D from our diets, exposure to sunlight or supplements.

Supplementation

Although most of us do not need to be tested for deficiency, vitamin D supplementation could still be beneficial, particularly during Manitoba's long winter (October-April).

Health Canada recommends a daily intake of vitamin D from all sources as per the U.S. Institute of Medicine:

Infants 0-12 months	400 IU*
Children & Adults 1-70 years	400-600 IU
Adults >70	400-800 IU

*Recommended daily intake

For more information on recommended dietary allowance of vitamin D, please visit Health Canada, or talk to your doctor

www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php#a10