

Are you getting enough **VITAMIN D**

Winter, 2016

Researchers have identified many vitamins and nutrients, such as zinc, vitamins A, B, C and D, fish oil, and Lutein, that support healthy vision. **Low levels of Vitamin D are associated with increased incidence of Age-Related Macular Degeneration (AMD)** - the disease that steals central vision and is the leading cause of legal blindness in those over 60. Sunlight is the natural way for us to get our Vitamin D, but our Michigan winters make that almost impossible.

The *Office of Dietary Supplements* has guidelines for daily allowances of Vitamin D, foods that naturally contains the essential nutrient, and at what level it could be harmful to you.

Review these charts to ensure that you and your loved ones have enough D through diet. If not, supplements can help. Our doctors prescribe *MACULA THERAPY FORMULA™* for eye health; it contains the nutrients your eyes need in the proper amounts, including Vitamin D3 - the natural form. It is available in our office; ask us for details.

Women Low in Vitamin D are **6.7** times More Likely to Develop AMD

- JAMA Ophthalmology
University of Buffalo School
of Public Health



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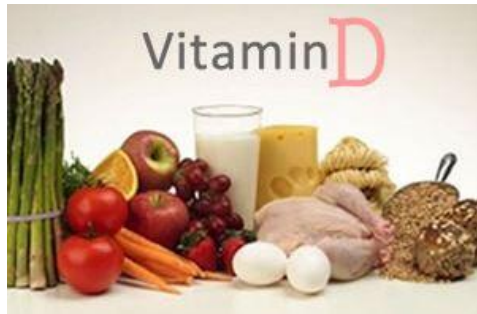
RECOMMENDED DAILY ALLOWANCES OF VITAMIN D

Age	Male	Female	Pregnancy	Lactation
0-12 months*	400 IU (10 mcg)	400 IU (10 mcg)		
1-13 years	600 IU (15 mcg)	600 IU (15 mcg)		
14-18 years	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)
19-50 years	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)
51-70 years	600 IU (15 mcg)	600 IU (15 mcg)		
>70 years	800 IU (20 mcg)	800 IU (20 mcg)		

* Adequate Intake (AI)

UPPER TOLERABLE INTAKE LEVELS OF VITAMIN D

Age	Male	Female	Pregnancy	Lactation
0-6 months	1,000 IU (25 mcg)	1,000 IU (25 mcg)		
7-12 months	1,500 IU (38 mcg)	1,500 IU (38 mcg)		
1-3 years	2,500 IU (63 mcg)	2,500 IU (63 mcg)		
4-8 years	3,000 IU (75 mcg)	3,000 IU (75 mcg)		
≥9 years	4,000 IU (100 mcg)	4,000 IU (100 mcg)	4,000 IU (100 mcg)	4,000 IU (100 mcg)



SELECTED FOOD SOURCES OF VITAMIN D

Food	IUs per serving*	Percent DV**
Cod liver oil, 1 tablespoon	1,360	340
Swordfish, cooked, 3 ounces	566	142
Salmon (sockeye), cooked, 3 ounces	447	112
Tuna fish, canned in water, drained, 3 ounces	154	39
Orange juice fortified with vitamin D, 1 cup (check product labels, as amount of added vitamin D varies)	137	34
Milk, nonfat, reduced fat, and whole, vitamin D-fortified, 1 cup	115-124	29-31
Yogurt, fortified with 20% of the DV for vitamin D, 6 ounces (more heavily fortified yogurts provide more of the DV)	80	20
Margarine, fortified, 1 tablespoon	60	15
Sardines, canned in oil, drained, 2 sardines	46	12
Liver, beef, cooked, 3 ounces	42	11
Egg, 1 large (vitamin D is found in yolk)	41	10
Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, 0.75-1 cup (more heavily fortified cereals might provide more of the DV)	40	10
Cheese, Swiss, 1 ounce	6	2

* IUs = International Units.

** DV = Daily Value. DVs were developed by the U.S. Food and Drug Administration to help consumers compare the nutrient contents among products within the context of a total daily diet. The DV for vitamin D is currently set at 400 IU for adults and children age 4 and older. Food labels, however, are not required to list vitamin D content unless a food has been fortified with this nutrient. Foods providing 20% or more of the DV are considered to be high sources of a nutrient, but foods providing lower percentages of the DV also contribute to a healthful diet.

A recent study discovered that Vitamin D deficiency is strongly associated with dry eye and its severity.

- International Journal of Rheumatic Diseases
August 2015