



iS CLINICAL
EDUCATION

Vitamin D and Skincare

WORKBOOK



Vitamin D and Skincare

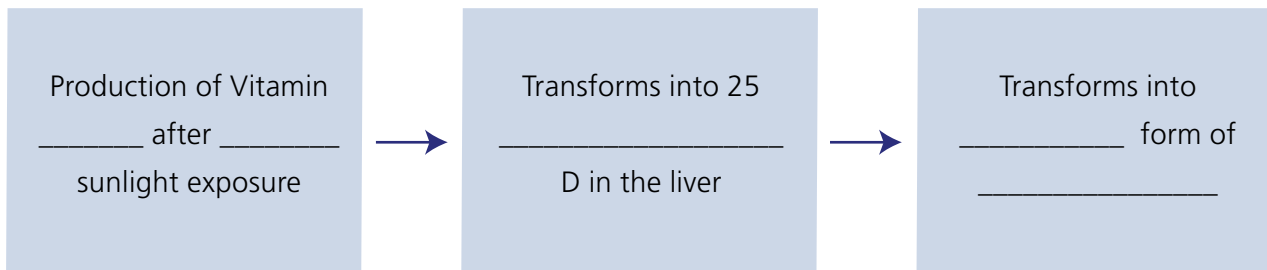
1. Vitamin D is extremely important to whole body _____.
2. All people should take _____ of Vitamin D daily for benefit with minimal risk.
3. Which form of Vitamin D can be found in the sources below:



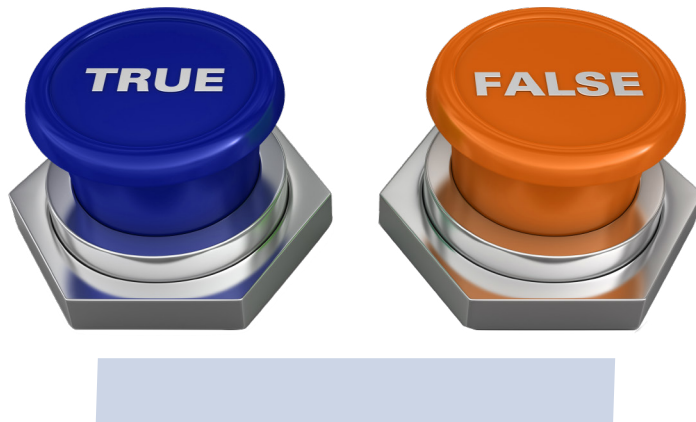
_____ can be found in plants.

_____ can be found in animals.

4. What are the steps in the production of the active form of Vitamin D?



5. Vitamin D3 cannot be supplemented orally.



6. The individuals living in the _____ zone are often low on their levels of Vitamin D, regardless of having a lot of sunlight.

7. Vitamin D functions to regulate levels of _____ and _____ in bone.

8. Fill in the chart below:

CONDITIONS ASSOCIATED WITH SUBOPTIMAL VITAMIN D	

_____ disease	

Viral and bacterial _____	

_____ illnesses	
Poor _____	

9. In the United States, if everyone took 1000 IU of Vitamin D daily, there would be an annual savings of cancer healthcare costs between _____ and _____ billion dollars, and the 4-year risk of females getting all types of cancer would go down by more than _____% if taking _____units of Vitamin D daily.

10. Who is at risk for low Vitamin D?

Everybody	Adults and _____	_____ people
People who live in _____ areas	People who have received _____	_____ _____

11. Sun exposure _____reliably increase Vitamin D levels and _____ risk of skin cancer and photoaging, so _____ should continue to be used.

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