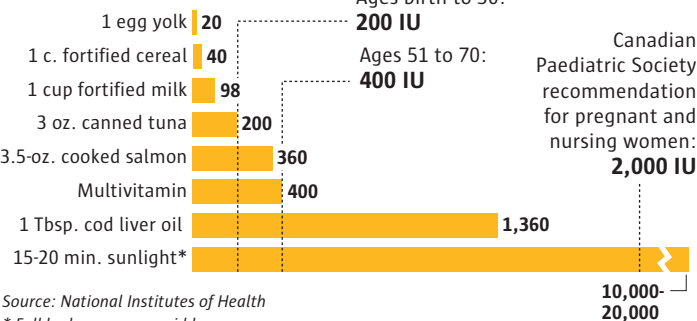


# Seeking the sunshine vitamin in a cloudy place

Sun exposure is the natural and most abundant source of vitamin D. Few foods are rich in vitamin D, and experts say the amount in a multivitamin isn't sufficient to get the nutrient's many benefits.

## SOURCES OF VITAMIN D

In IUs (international units)

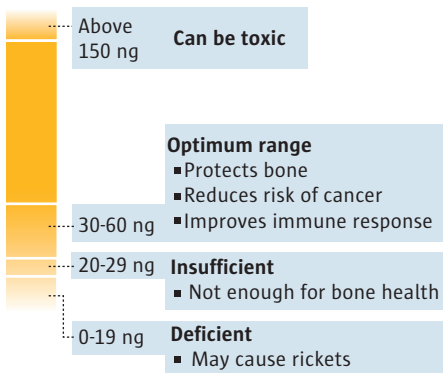


Source: National Institutes of Health

\* Full-body exposure, midday summer sun

## HOW MUCH IS ENOUGH?

Blood tests can measure the active form of vitamin D, though there's still not universal agreement on what's optimum. To raise blood level one nanogram per milliliter requires roughly 100 IU from pills, sun or food.



Source: Michael Holick; "Cell Defenses and the Sunshine Vitamin,"

Nov. 2007 Scientific American, by John White and Luz E. Tavera-Mendoza.