

Position Statement on VITAMIN D
(Approved Board of Directors – 11/01/08)

The American Academy of Dermatology recommends that an adequate amount of vitamin D should be obtained from a healthy diet that includes foods naturally rich in vitamin D, foods/beverages fortified with vitamin D, and/or vitamin D supplements; it should not be obtained from unprotected exposure to ultraviolet (UV) radiation.

- Unprotected UV exposure to the sun or indoor tanning devices is a known risk factor for the development of skin cancer.¹ Studies have shown that UV radiation from both the sun and tanning devices can cause oncogenic mutations in skin cells.^{2,3} Use of sunbeds have also been associated with increased risk for melanoma and squamous cell carcinoma.⁴
- To minimize the risk of UV-induced skin cancers, a comprehensive photoprotective regimen, including the regular use and proper use of a broad-spectrum sunscreen, is recommended.⁵ This is especially important for those with fair skin, as the amount of UV exposure required to maximize vitamin D synthesis in the skin is far less than the sunburn dose.^{6,7}

The Academy also recommends that physicians should discuss options for obtaining sufficient dietary or supplementary sources of vitamin D with their patients.

- Many epidemiological studies suggest an association between low serum vitamin D levels and increased risk of certain types of cancers, neurologic disease, autoimmune disease and cardiovascular disease.⁸⁻¹⁶ Further research is needed to determine the appropriate serum concentration of vitamin D required for overall good health.¹⁷
- The National Academy of Sciences Institute of Medicine guidelines for vitamin D are a standard reference for advising patients on proper minimal intake levels (see Table below).¹⁸ A higher dose of vitamin D supplementation for individuals with known risk factors for vitamin D deficiency (dark skin, elderly, photosensitive patients) should be considered.^{6,19}

It should be noted, however, that the currently recommended adequate intake levels established by the Institute of Medicine may be revised upward due to evolving research on the increasing clinical benefit of vitamin D.

Adequate Intake (AI) Recommendations for Vitamin D¹⁸

Age	Children	Men	Women	Pregnancy	Lactation
Birth to 13 years	5 mcg (200 IU)				
14-50 years		5 mcg (200 IU)	5 mcg (200 IU)	5 mcg (200 IU)	5 mcg (200 IU)
51-70 years		10 mcg (400 IU)	10 mcg (400 IU)		
71+ years		15 mcg (600 IU)	15 mcg (600 IU)		