



CAN MY CHILD GET ENOUGH VITAMIN D FROM SUNSHINE?

NO. The amount of sun exposure that would ensure optimal levels of Vitamin D would also cause sun damage (premature aging) and predispose to skin cancer. If your child has lighter skin, it could cause sunburn. Sunblock blocks Vitamin D absorption.

The often quoted recommendation to get 15 min of sunshine 3 times per week is simply wrong! We have tested many children and teens who have deep tans and feel that they are getting plenty of Vitamin D from the sun. The vast majority tested in the insufficient range; in fact we cannot recall a single one who tested in the optimal range!