SHOULD ATHLETES (AND THE REST OF US) TAKE VITAMIN D?

VITAMIN D IS NEEDED FOR

- mineralization of the bone matrix
- optimization of fast-twitch muscle fibers
- maintaining high testosterone
- regulating calcium levels

How high does your Vitamin D need to be?

Achieving levels of about 40–50 ng/ml is optimal for maximizing its benefits.

WHERE DO I GET MORE OF IT?

- Food like sardines, eggs, and mushrooms are high in Vitamin D
- Exposing yourself to natural sunlight (but not too much!)
- Supplemental forms such as tablets, gummies, and injections

Should I get my levels tested?

Athletes who are trying to optimize their performance should talk to their doctor about getting their baseline levels checked and supplementing accordingly.

For the average person, eating a healthy diet and taking a basic supplement alone should do the trick.