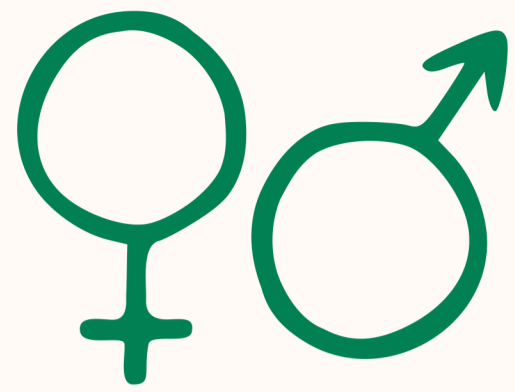




Vitamin D



What does it do?

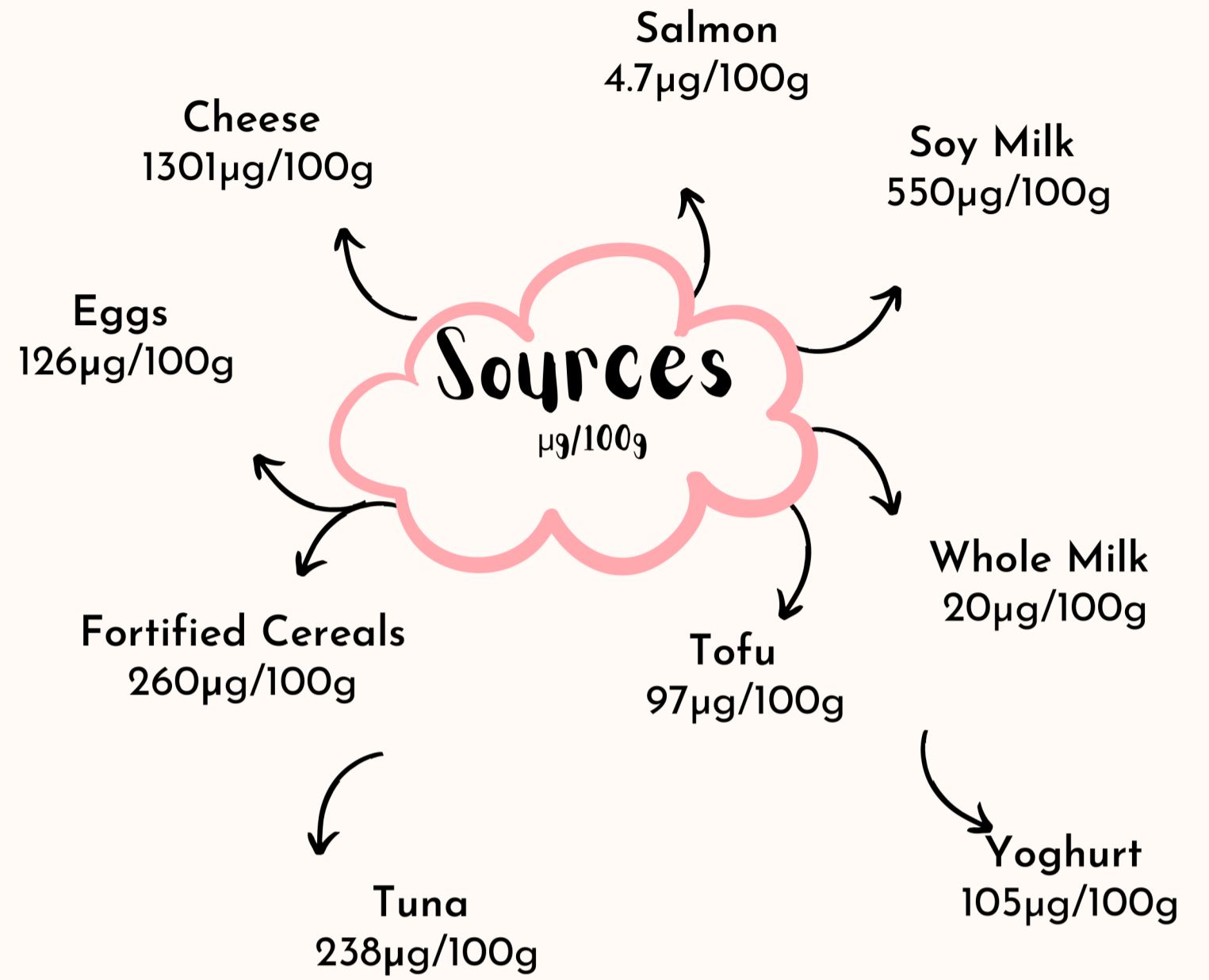
Sufficient Vitamin D levels associated with improved pregnancy outcomes.

Receptors found in ovaries, placenta and endometrium as well as testes and sperm

In males, Vitamin D can aid in raising the calcium levels of sperm thus increasing motility

Vitamin D deficiency has been found to be associated with PCOS, adequate levels of Vitamin D can help in reducing the risk of developing PCOS

May influence successful embryo implantation



How much do I need?

Main source of Vitamin D is sunlight, particularly during summer months, however supplementation required between October - March

RI - Females:
10µg per day

RI - Males:
10µg per day

Some people may require more. It is recommended to have a blood test to ensure levels are sufficient and supplement based on this outcome

Recipe Idea...

Salmon Dinner

Ingredients

- 1 Large Salmon Fillet
- 85g Asparagus
- 1 Sweet Potato (Baked)
- 20g Philadelphia Garlic and Herb
- 1 tsp Vegetable Oil

Method

- Prick the skin of a sweet potato with a knife and brush lightly with oil. Bake in an oven at 200°C for 1 hour
- Place salmon fillet onto a sheet of tinfoil. Spread Garlic and Herb Philadelphia across the top of the salmon and fold tin foil into a parcel
- Bake in the oven at 200°C for 20 mins
- Mean while, in a pan, heat oil over a medium-high heat and add asparagus
- Flash fry for 3-5 mins until cooked al dente
- Plate up salmon alongside the baked sweet potato and asparagus to serve

Per Portion

Kcals: 744
Vitamin D: 2.96µg (296% RI)