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How much vitamin D your skin can produce depends on:

- How old you are
- How dark your skin is
- How strong the sunlight is where you live
- If you wear clothing with UPF or sunscreen with SPF
- Other health problems you might have

There are 2 major types of vitamin D:

- Vitamin D<sub>2</sub> is mostly lab-made and added to foods and supplements.
- Vitamin D<sub>3</sub> is naturally made in the skin and can also come from eating certain foods and taking supplements.

Children younger than age 1 should get 400 IU, and adults older than age 70 should get 800 IU.

- Include vitamin-D-rich foods in your diet. These include fatty fish such as salmon, trout, sword fish, and tuna. Eggs and mushrooms also contain small amounts of vitamin D.
- Milk, including soy and almond milk, is fortified with vitamin D. Some other dairy products, orange juice, and cereal also can have vitamin D added. Read labels to be sure.
- If you take a calcium supplement, you may already be getting added vitamin D. Some calcium supplements contain vitamin D.
- Past studies on vitamin D and cancer risk do not suggest that high-dose supplements are needed and do not suggest that most people need to have their vitamin D levels checked. However, if you are concerned about your levels of vitamin D, check with your health care provider.

## Hyperlinks

1. [www.cancer.org/cancer/understanding-cancer/anatomy-gallery/lymphatic-system.html](http://www.cancer.org/cancer/understanding-cancer/anatomy-gallery/lymphatic-system.html)
2. [www.cancer.org/cancer/understanding-cancer/anatomy-gallery/nervous-system.html](http://www.cancer.org/cancer/understanding-cancer/anatomy-gallery/nervous-system.html)
3. [www.cancer.org/cancer/understanding-cancer/anatomy-gallery/skin.html](http://www.cancer.org/cancer/understanding-cancer/anatomy-gallery/skin.html)

## References

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Centers for Disease Control and Prevention (CDC). Skin Cancer Prevention Progress Report. 2019. Accessed at <https://stacks.cdc.gov/view/cdc/81911> on June 26, 2024.

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