

Vitamin D + Testosterone

A recent paper has reported a close association between vitamin D levels and testosterone levels in men. Men with sufficient levels of Vitamin D had significantly higher testosterone levels than those with insufficient vitamin D.

Vitamin D is made by the body in response to sunlight falling on exposed skin, and supports the health of heart, bone, muscle, teeth and gums, brain and also the immune system protecting against cancer, infections and auto-immune diseases such as multiple sclerosis, Parkinson's disease and diabetes.

The researchers found that testosterone levels varied markedly with the seasons (in Europe), the highest levels being in August and the lowest in March. This could explain the reluctance of athletes to compete in cold, cloudy winter: they are well aware that their performance is enhanced by sun and warmth. Also, not so long ago, doctors were recommending cruises and sunny seaside holidays for recuperation following illness and operations which suppress testosterone levels.

The WellMan Clinic recommends that their patients take 2000 IU of vitamin D3 daily throughout the year for both short term and long term benefits as the majority of the UK population has insufficient vitamin D in circulation.

<http://www.ncbi.nlm.nih.gov/pubmed/20050857>

<http://thesunshinevitamin.co.uk>