

Press Release



A real man thanks to vitamin D

Sufficiently high doses of vitamin D have a positive influence on testosterone levels

Veldhoven, 1st February 2010 (SRF) – Supplying the male body with sufficient amounts of vitamin D has positive effects on testosterone levels. This was the result of a study conducted by the Medical University of Graz. According to the research, men with vitamin D levels of at least 30 nanograms per millilitre of blood show significantly higher testosterone levels than men with lower vitamin D levels. Furthermore, the study showed that the average value of the most important male sexual hormone over the course of the year is subject to the same fluctuations as the vitamin D level. Both values decrease as of October, at the beginning of the winter months, and reach their lowest level in March. “Men who ensure that their body is at least sufficiently supplied with vitamin D are doing good for their testosterone levels and their libido among other things“, explains Ad Brand, spokesman of the Sunlight Research Forum (SRF). According to Brand, the fall in vitamin D levels during the winter months is said to be caused by the weaker solar radiation during this period.

Testosterone is the most important male sexual hormone. In males it is mainly responsible for the development of the sex organs, the formation and maintenance of the typical male sexual characteristics, sperm production and the controlling of male desire.

Stimulated by UV radiation, 90% of vitamin D in the body is produced by the skin. An average vitamin D level of 30 nanograms per millilitre of blood (30 ng/ml) represents the scientific value from which vitamin D has a sufficiently positive effect. Optimal values are between 40 and 60 ng/ml.

The Sunlight Research Forum (SRF) is a non-profit organisation with its headquarters in the Netherlands. Its aim is to make the latest medical and scientific findings concerning the effects of moderate UV radiation on humans accessible to the general public.

Note:

A summary of the “Wehr E, Pilz S, Boehm BO, März W, Obermayer-Pietsch B. (Department of Internal Medicine, Division of Endocrinology and Nuclear Medicine, Medical University Graz, Graz, Austria): Association of vitamin D status with serum androgen levels in men” study can be downloaded from the SRF website www.sunlightresearchforum.eu

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