



RESEARCH ROUNDUP

SUMMER GLOW GUIDE:

Vitamin D & Skin Safety

By Kelly Ozog

Summer is all about sunshine, beach days, and a healthy glow. But when it comes to getting enough vitamin D and skin protection, especially if you're gluten-free, it feels like a tricky balancing act. Here's how to stay sun-smart and vitamin D-strong this summer.

Can you protect your skin and get enough vitamin D?

Absolutely. The good news is, you don't have to choose between skin safety and supporting your body with the sunshine vitamin. You can have both, without risking sun damage or a deficiency.

Why Vitamin D Matters—Especially if You're Gluten-free

Vitamin D plays a critical role in overall health. It supports calcium absorption, strengthens bones, and keeps your immune system, muscles, lungs, and brain functioning at their best. But if you're living with celiac disease, you may be at greater risk of deficiency. That's because damage to the gut lining from gluten can interfere with the absorption of key nutrients like calcium and vitamin D.

And since many gluten-free foods are not fortified, getting enough vitamin D through diet alone can be tricky. That's why this nutrient is so important to prioritize, especially during the sunny months when we have a chance to naturally soak it up.