

Low Vitamin D

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Vitamin D isn't just about strong bones; it acts more like a hormone, influencing mood, immune function, metabolism, and even how your muscles and nerves work. Low vitamin D is very common, especially if you spend little time in the sun, live in northern areas, or have gut or autoimmune issues that affect absorption. Symptoms can include fatigue, low mood, frequent illness, muscle weakness, and slower recovery.

Why It Matters

Vitamin D plays a key role in regulating the immune system, protecting bone density, and balancing hormones. Chronically low levels can increase the risk of osteoporosis, depression, insulin resistance, autoimmune conditions, and cardiovascular disease. Because it interacts with so many systems in the body, deficiency can be a hidden driver of symptoms you may not immediately connect.

What We're Doing About It

Many people think simply "getting more sun" will fix low vitamin D, but if your levels are already very low, sunlight alone often isn't enough. You usually need to raise your baseline first with supplementation, then ongoing healthy sun exposure can help maintain it.

At NuBloom, we don't just look at whether you're "in range," we optimize vitamin D to the level that best supports your metabolism and immune balance. We're giving you the right type and dose of supplementation (because not all vitamin D is absorbed equally), and pair it with nutrients like vitamin K2 for the best results. With personalized recommendations based on your labs, we'll help restore your vitamin D to a level that supports your energy, mood, and long-term health.

