

# Vitamin D Deficiency Self-Check

## Guide



💬 Feeling tired, moody, or just “off”? You’re not imagining it. Low vitamin D can quietly drain your energy, affect your mood, and throw your hormones and digestion out of rhythm. Use this quick checklist to see if your levels might need attention – then learn the safest next steps.

### ✔ 1. Symptom Check

- |    |                                    |                          |
|----|------------------------------------|--------------------------|
| 01 | Constant fatigue or low motivation | <input type="checkbox"/> |
| 02 | Brain fog or poor focus            | <input type="checkbox"/> |
| 03 | Low mood or anxiety                | <input type="checkbox"/> |
| 04 | Muscle aches or joint pain         | <input type="checkbox"/> |
| 05 | Frequent colds or slow healing     | <input type="checkbox"/> |
| 06 | PMS changes or hormone imbalance   | <input type="checkbox"/> |
| 07 | Restless sleep or low stamina      | <input type="checkbox"/> |

💡 If you checked three or more, your body may be signaling low vitamin D.

### 🌞 2. Risk Factor Check

- |    |  |                          |
|----|--|--------------------------|
| 01 | Limited sunlight (indoor job / long winters)                   | <input type="checkbox"/> |
| 02 | Always use sunscreen or cover up outdoors                      | <input type="checkbox"/> |
| 03 | Digestive issues (IBS, celiac, bloating, low stomach acid)     | <input type="checkbox"/> |
| 04 | Dairy-free, vegan, or low-fat diet                             | <input type="checkbox"/> |
| 05 | Over age 35  | <input type="checkbox"/> |
| 06 | Darker skin tone (needs more sun exposure)                     | <input type="checkbox"/> |
| 07 | Carry extra body fat (vitamin D can get trapped in fat tissue) | <input type="checkbox"/> |

💡 The more boxes you tick, the higher your risk for deficiency.

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### 3. Testing & Next Steps

If this checklist feels like “you,” it’s time to test – not guess. The most accurate option: Ask your doctor for a **25-hydroxy vitamin D (25(OH)D)** blood test. At-home option: Try a certified mail-in test kit.

- For Canada: RxHomeTest
- For the U.S.: Everlywell, CVS Health, or RxHomeTest

### 4. Gentle Ways to Support Vitamin D Levels

- ☀️ Get safe sun on your face and arms for 10-15 minutes several times a week.
- 🐟 Eat foods with natural or fortified vitamin D (salmon, eggs, mushrooms, plant milks).
- 💊 Take a low dose daily D3 supplement (about 1,000 IU) – or a vegan lichen-based form if sensitive.
- 🥑 Pair your vitamin D with fat and K2 to help absorption.
- 🌿 Support gut health and stress balance – they influence how your body uses nutrients.

### 5. Next Step for You

If you suspect low vitamin D, you’re not alone – most women I work with are surprised when their labs come back low. Start simple: test, nourish, and rebuild from the inside out. Then go deeper with stress, gut, and hormone support when you’re ready.

🌟 Want help with that?

Grab my free guide **5 Hacks to Stop Sugar Cravings Fast** – you’ll learn how to calm cravings, reset your gut, and balance hormones naturally. Or explore **The Calm & Clear Method** – my 3-month functional nutrition program to restore digestion, energy, and peace of mind.

💬 Learn more at [alysabreanne.com](https://alysabreanne.com) → Work With Me or book a free Discovery Call.

#### 🔗 Disclaimer

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