I take a vitamin D supplement everyday along with vitamin C because both my vitamin D levels and iron levels are lower.

I get my vitamin D tested for my docs a lot and have been supplementing daily for a long time. I read a really interesting article about it.

This isn’t completely related to IBD, but I have some skin conditions as a result of Remicade, and I take vitamin D every day to help that.

I know that a lot of people with IBD often have low vitamin D including me so I take a big dose of vitamin D every week and get blood tests to check on the levels.

I try to get some sun everyday on top of taking a vitamin D supplement.

I know my family has low vitamin D, so I am not sure if it is IBD related or not for me. But I take vit. D supplements and ask my GI doctor to add vit. D to my bloodwork sometimes.

Also, people disagree about what the minimum cutoff should be, and even people with levels slightly above the cutoff can sometimes benefit from supplementation!