

Press release

Sunbeds as vitamin D sources

Brussels, 9th October 2009 (ESA) – In order to ensure that the human body receives a balanced level of vitamin D, sun beds should particularly be used in the winter. This recommendation was expressed by a research group lead by professor Johan Moan from the University of Oslo, based on a study that has now been published in the specialist magazine 'Photochemistry and Photobiology'. „In the winter months the Vitamin D level falls significantly, as the sun light contains too little ultra violet light to stimulate the vitamin D production in human skin. If you use sunbeds during this time, this interruption can be avoided and the vitamin D level can be kept at a balanced level“, says Johan Moan.

„Sunbeds therefore not only offer a controlled way to tan, their use can also prevent vitamin D deficiencies“, adds Christina Lorenz, the chairperson of the European Sunlight Association (ESA), to Moan's remarks. With a sun bed, continues Lorenz, an individual tanning programme can be developed, which takes into account the skin type of the user, the type of tanning bed and the exposure time so that the skin is prevented from burning, which should at all time be avoided in- and outdoors.

Vitamin D, according to the proof of worldwide medical studies, leads to positive effects on cell, bone and organ health and counteracts autoimmune and skin diseases. It is, stimulated by UV radiation, formed to 90% by the skin.

The European Sunlight Association (ESA) is the European umbrella organisation for the tanning industry and represents 28 national associations and companies from 15 EU member states, Norway, Switzerland, Russia and USA. It is based in Belgium.

Information:

You can find a summary of the study „Johan Moan, Zoya Lagunova, Emanuela Cicarma, Lage Aksnes, Arne Dahlback, William B. Grant, Alina Carmen Porojnicu: "Sunbeds as Vitamin D Sources" to download at www.sunlightresearchforum.eu.

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