



# 5 SIGNS YOU MAY BE VITAMIN D DEFICIENT

## VITAMIN D IS ESSENTIAL



1 in 6 Adults are Vitamin D Deficient



1 in 5 Children are Vitamin D Deficient

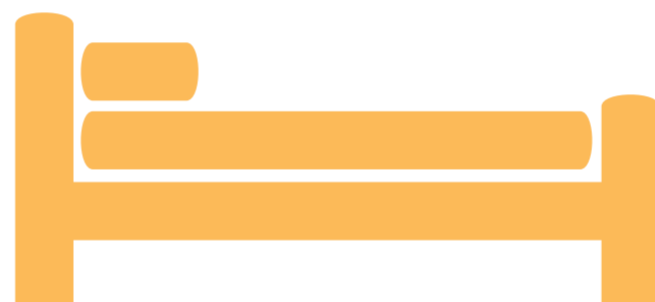
1 FATIGUE AND TIREDNESS

4 HAIR LOSS

2 DEPRESSION

5 MUSCLE PAIN

3 GETTING SICK OFTEN



IT'S RECOMMENDED TO TAKE 1000-2000IU OF VITAMIN D DAILY.



VITAMIN D IS RESPONSIBLE FOR HELPING THE BODY TO ABSORB CALCIUM, A MINERAL ESSENTIAL FOR HEALTHY BONES AND TEETH.

VITAMIN D3 IS THE "SUNSHINE VITAMIN" THAT IS ABSORBED THROUGH SUN EXPOSURE INTO OUR SKIN.



CHILDREN AND ADULTS ARE ADVISED TO EXPOSE 20% OF YOUR BODY TO THE SUN EACH DAY

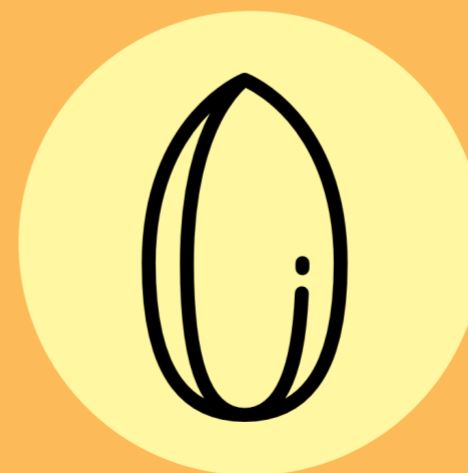
## VITAMIN D FOODS



SPINACH



KALE



NUTS



MUSHROOMS

ROBERT REDFERN SUGGESTS TAKING 5000IU IS CONSIDERED A GOOD DAILY DOSE.

