



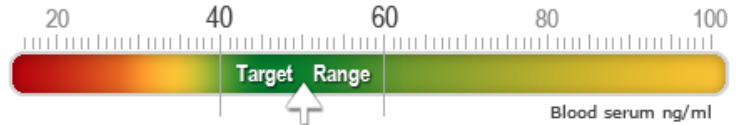
TOP 5 THINGS TO KNOW ABOUT VITAMIN D

#1



#2

Scientists recommend a vitamin D blood level between 40-60 ng/ml (100-150 nmol/L)



#3

It is in every cell in your body and affects many health outcomes.

#4

First step for everyone: TEST your vitamin D level



#5

Use the calculator to see how to adjust your D intake to reach your target



Rickets is just the tip of the vitamin D deficiency iceberg

RICKETS

- ALLERGIES
- ASTHMA
- AUTISM
- CANCER
- CARDIOVASCULAR DISEASE
- CHRONIC PAIN
- COLDS & FLU
- DENTAL CAVITIES
- DIABETES - TYPE 1
- ECZEMA
- FETAL GROWTH IMPAIRMENT
- GESTATIONAL DIABETES
- GROWTH & DEVELOPMENT PROBLEMS
- PREECLAMPSIA
- PRENATAL INFECTIONS
- PRETERM BIRTH

Vitamin D deficiency is associated with increased risk of disease through all life stages

Learn more at grassrootshealth.net

