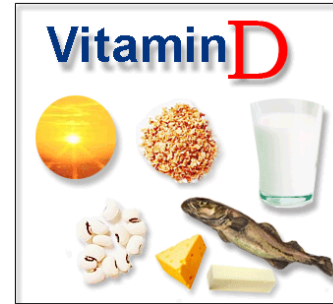


Vitamin-D encourages the absorption of calcium and phosphorus in the body.

**Vitamin-D Deficiency:** A common condition in which the body does not have a sufficient amount of stored Vitamin-D.

### Vitamin-D Deficiency Symptoms & Health Risks

- Bone pains and Osteoporosis
- Muscle weaknesses
- Decreased immune system function
- Cancer



### Vitamin-D Deficiency Treatment

- Get at least **15-20 minutes** of sun exposure throughout your day
  - Sun block is preferred for those who have sensitive skin or have concerns about their skin complexions
- Eat a **healthy diet** consisting of Vitamin-D
- Liquids: Milk, orange juice, or yogurt with vitamin D added
- Cooked salmon or any kind of fish
- Canned tuna fish
- Cereals with vitamin D added
- Those with severe case of Vitamin-D deficiency must have **supplements** given by a health care provider or a doctor



***Vitamin D is- without question- the miracle nutrient of the century***

