

# VITAMIN D



## WHERE TO GET VITAMIN D?

The sun, a supplement or fatty fish



## THE SUN IS THE BEST SOURCE

We get most of our Vitamin D from sunlight exposure.



## PROMOTES HEALTHY STRONG BONES

Helps to maintain bone mass/structure by supporting normal osteoclast activity<sup>3</sup>



## GREAT SOURCES OF VITAMIN D FROM FISH

Salmon, mackerel and herring offer 5 - 10 mcg of Vitamin D per 100 g<sup>2</sup>

## SUPPORTING NORMAL CALCIUM ABSORPTION AND BONE MAINTENANCE

Deficiency has been linked to numerous health concerns, and insufficient levels of Vitamin D are associated with weak bones and muscle weakness.

1. US Department of Health and Human Services. (2004). Bone health and osteoporosis: a report of the Surgeon General. Rockville, MD: US Department of Health and Human Services, Office of the Surgeon General, 87.  
2. Ross et al. Fish as a dietary source of healthy long chain n-3 polyunsaturated fatty acids (LC n-3PUFA) and vitamin D. Food & Health Innovation Service. June 2012 [http://www.abdn.ac.uk/rowett/documents/fish\\_final\\_june\\_2012.pdf](http://www.abdn.ac.uk/rowett/documents/fish_final_june_2012.pdf)  
3. <https://www.iofbonehealth.org/osteoporosis-musculoskeletal-disorders/osteoporosis/prevention/vitamin-d>

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.