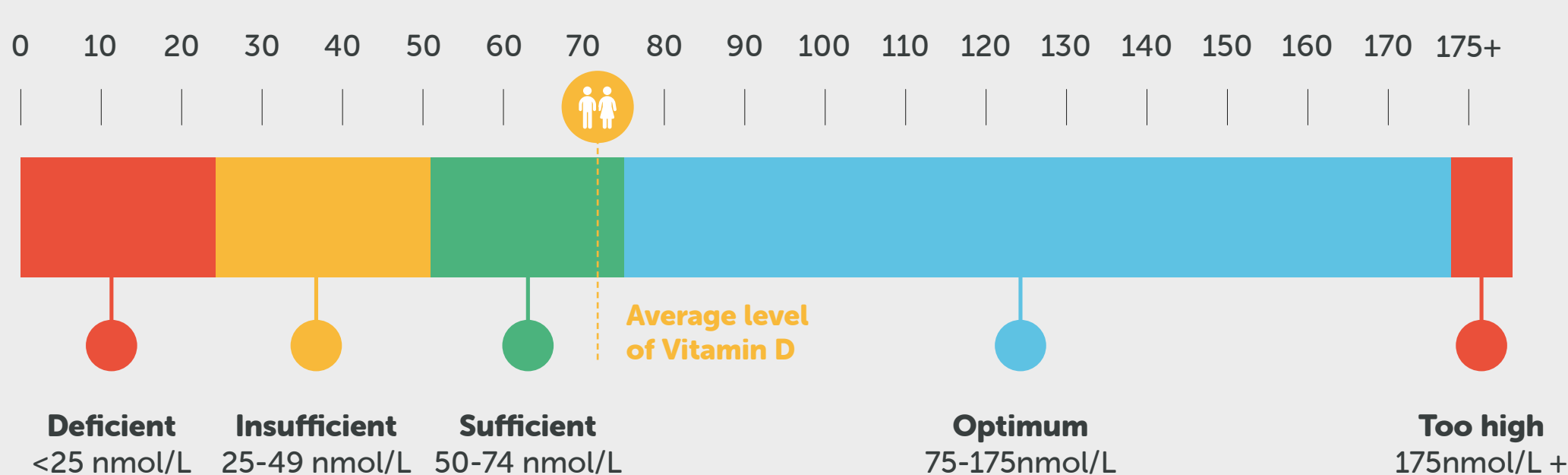




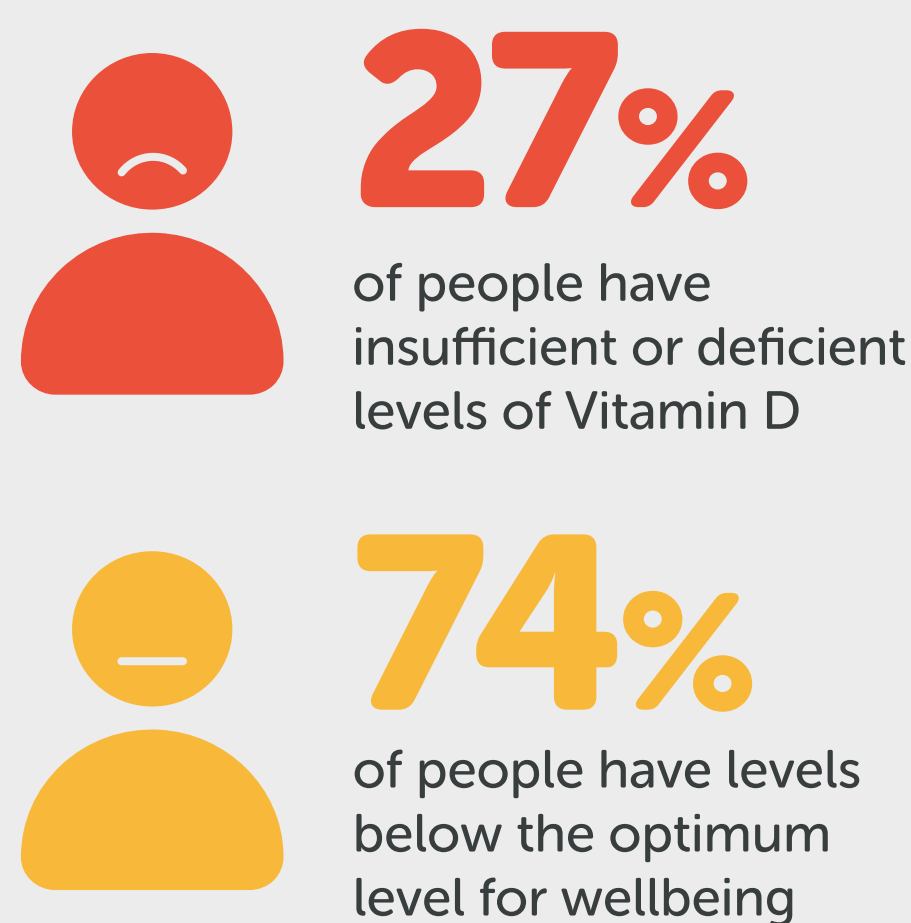
Vitamin D

Vitamin D plays an essential role in our health including the development and preservation of healthy bones, boosting our immune system, our muscle function, energy levels and helping to reduce inflammation. Vitamin D regulates the amount of calcium and phosphate in the body, both of which are essential for bone, tooth and muscle health. Without adequate Vitamin D deformities such as rickets and osteomalacia can occur.

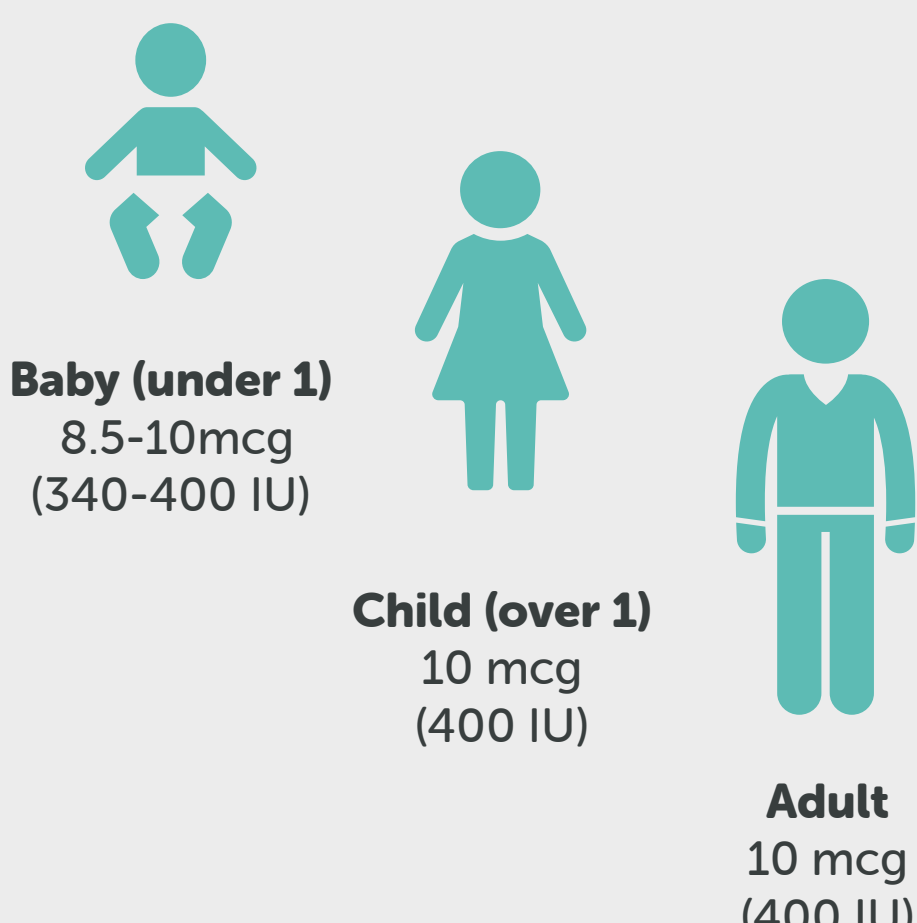
Vitamin D Levels (25-OH)



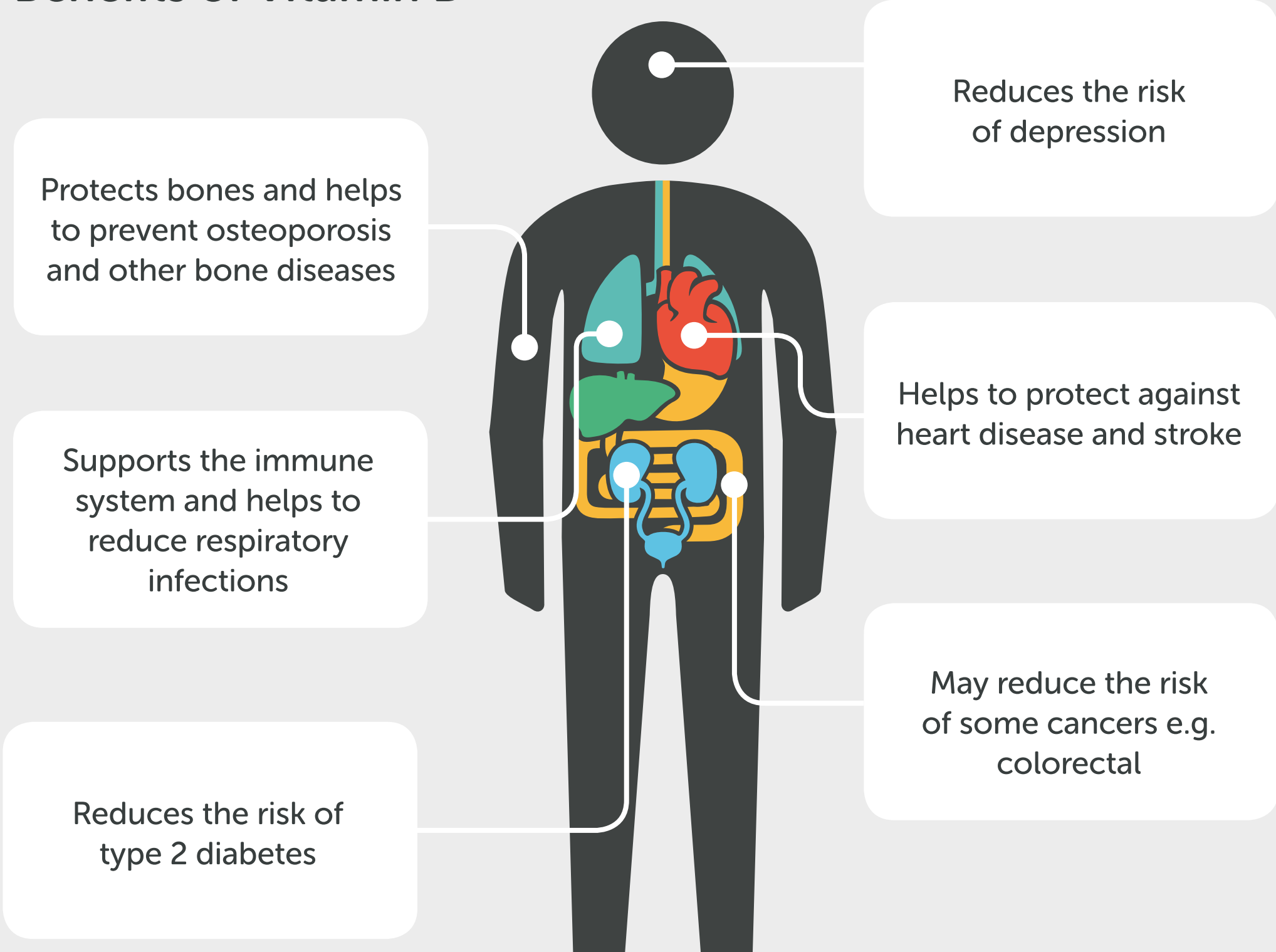
Forth Data



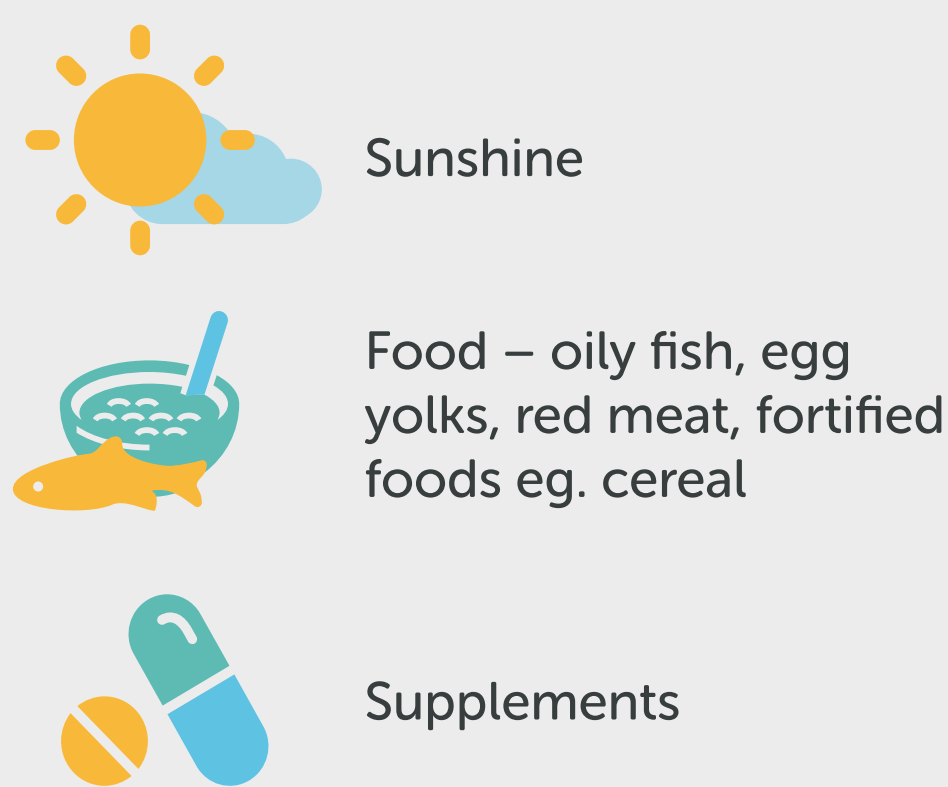
Daily Vitamin D Requirement¹



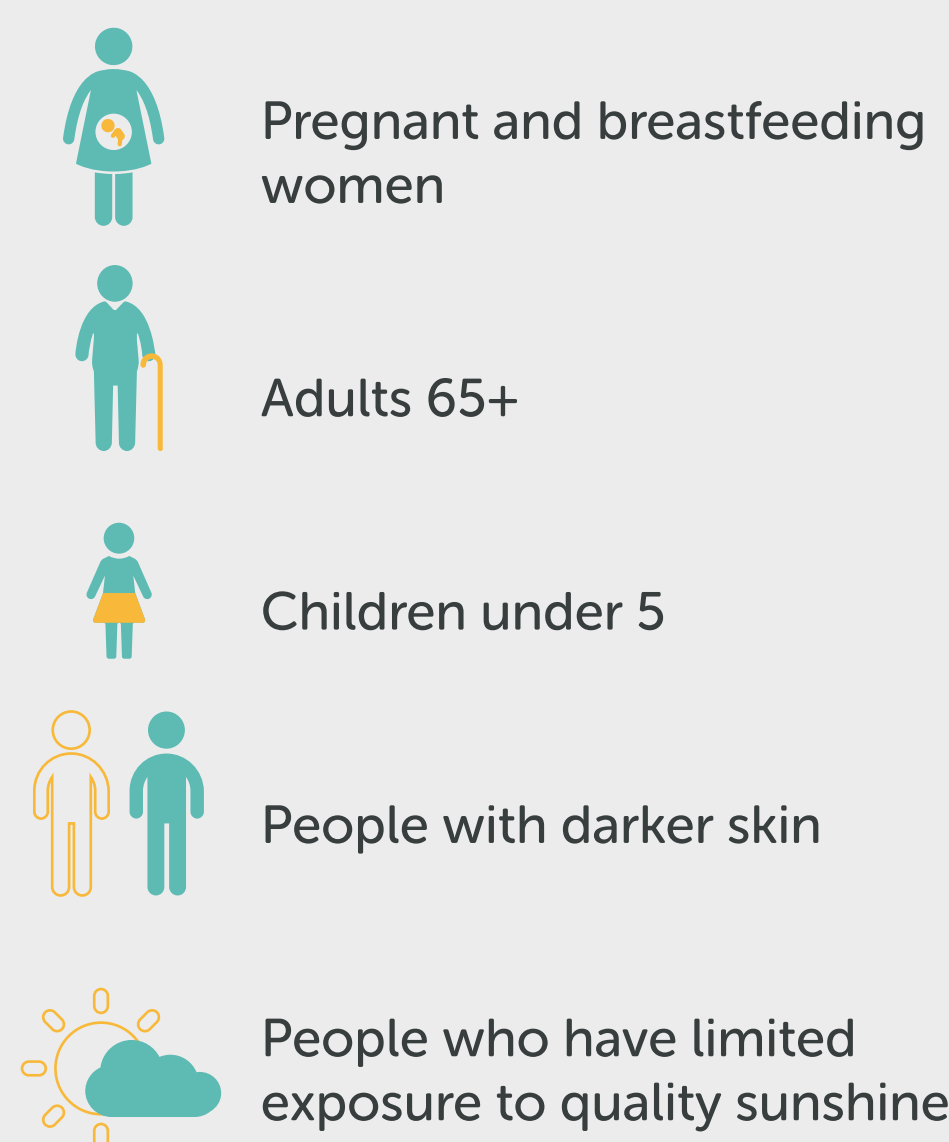
Benefits of Vitamin D



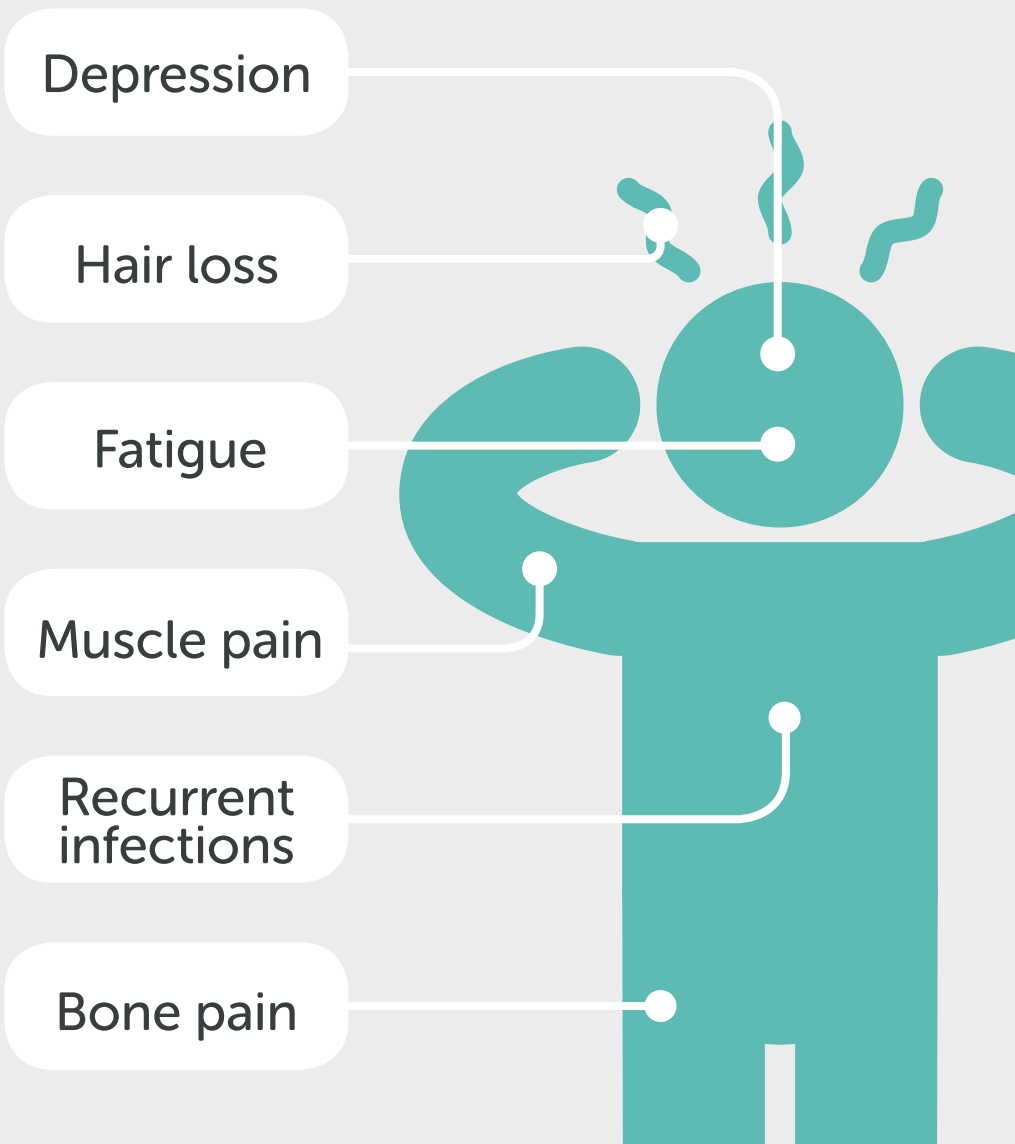
Sources of Vitamin D



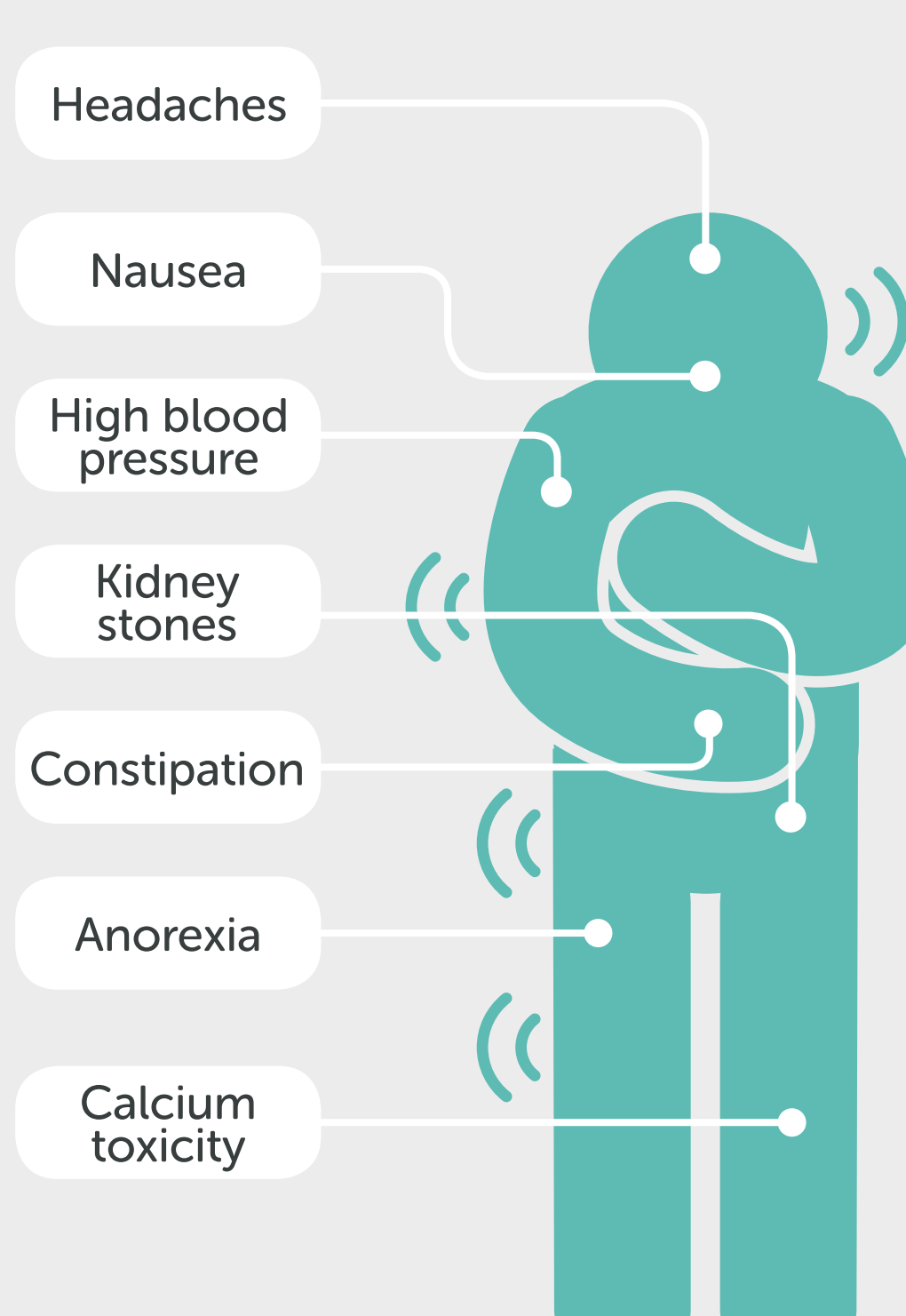
Most at Risk



Symptoms of Vitamin D Deficiency



Symptoms of Vitamin D Overload



Sources

1. <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>
 2. Jorde R, Sneve M, Figenschau Y, Svartberg J, Waterloo K. Effects of vitamin D supplementation on symptoms of depression in overweight and obese subjects: Randomized double blind trial. J Intern Med. 2008;264:599-609
 3. Ahn J, Peters U, Albanes D, Purdue MP, Abnet CC, Chatterjee N, et al. Serum vitamin D concentration and prostate cancer risk: A nested case-control study. J Natl Cancer Inst. 2008;100:796-804