



## BEWARE OF Vitamin D Deficiency

The *sunshine vitamin* helps keep your body strong and protected from sickness. But modern lifestyle, working indoors, and poor diet can lower your vitamin D levels and lead to serious health issues.

**You may be at risk** of deficiency if:

- ✓ Night shift worker
- ✓ Obese
- ✓ Dark-skinned
- ✓ Using sunscreen
- ✓ Not getting enough sunlight
- ✓ Following a strict vegan diet
- ✓ Diagnosed with kidney or digestive problems

**Health risks** linked to deficiencies:

- ✓ Osteoporosis & fractures
- ✓ Muscle weakness
- ✓ Weakened immunity
- ✓ Cardiovascular diseases
- ✓ Birth defects
- ✓ Skin problems
- ✓ Anxiety & depression
- ✓ Respiratory tract infections
- ✓ Colon cancer
- ✓ Multiple sclerosis
- ✓ High blood pressure
- ✓ High blood sugar

Know if you are deficient in Vitamin D.

Ask your doctor about  
Vitamin D Test



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