



Health And Well-Being

The ABCs Of Vitamin D

(NAPSA)—Good news: Recent studies show that bone and teeth health, as well as breast, colon and immune system health, can be improved simply by making sure you get enough vitamin D. The bad news is that these studies also show it can be very difficult to do so through diet alone. That's why many health experts recommend an increase to the Recommended Daily Allowance for vitamin D, suggesting you get a minimum of 2,000 IUs each day.

While your body will naturally produce vitamin D when exposed to sunshine, doctors recommend you use sunblock when you go out to protect yourself from skin cancer. In addition, the lack of sunshine in many places means most people are at risk for vitamin D deficiency.

According to a surgeon general report on bone health and osteoporosis, bones are constantly renewed and grow stronger with a good diet and physical activity.

Fortunately, there are steps you can take to get the vitamin D you need.

- Consider a nutritional supplement. One, which has been called a supplement as natural as the sun, can help fill the vitamin D gap in your diet with the equivalent of 20 8-ounce glasses of milk. It's formulated with the naturally occurring form of vitamin D the body produces when exposed to sunlight. What's more, it has vitamin K2, an excellent complement to D because it helps promote calcium incorporation into bone. Vitamin D helps the body absorb calcium.

The supplement, NUTRILITE Vitamin D3 2,000 IU Plus Vitamin



It's a bright idea to get enough vitamin D in your diet even if you can't always get out into the sun.

K2, comes from a company that strongly believes in the power of phytonutrients and wants to use only the best sources, so many of the plant concentrates that go into its products come from its own farms.

Registered physician assistant Amy Hendel suggests you can also:

- Add one tablespoon of white cod liver oil or other fish liver oils to your diet daily.
- Use mushrooms in salads and soups.
- Drink beverages fortified with vitamin D, such as milk, orange juice and soy.
- Breakfast or snack on cereal fortified with vitamin D.
- Include several varieties of fish in your diet, especially salmon, mackerel, tuna and sardines.

The vitamin supplement is available exclusively through Amway Global Independent Business Owners in North America. To order or for more information, visit www.nutrilite.com or call (800) 253-6500.