HEALTH AWARENESS

Thirty-five percent of adults in the U-S don't get enough vitamin D, reports the Cleveland Clinic. While D is naturally produced in the body when you're out in the sunshine and eat lots of meat and fish, not everyone can do that. Fortunately, high quality supplements are available from Earth-nutri that provide the vitamin D you may need and the calcium and vitamin K that help it work to support your bones, heart and immune health. Learn more at Earth-nutri-dot--com.