



The Sunshine Vitamin

It has been common knowledge that vitamin D plays an important role in helping the body to absorb calcium and bone mineralisation.

However accumulating scientific evidence is proving that vitamin D provides more health benefits than simply bone health. Evidence is emerging that there is wide spread vitamin D deficiency in the broader population.

Limited dietary sources for vitamin D and insufficient sun exposure can contribute to vitamin D deficiencies. Therefore vitamin D supplementation provides a viable option to ensure optimal dietary intake.



Vitamin D



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- Helps to maintain healthy bones
- Supports efficient calcium absorption
- Necessary for normal bone mineralisation
- Important for the maintenance of muscle strength
- Supports robust and healthy immune function



For more information contact:

Vitamin supplements should not replace a balanced diet. USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

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