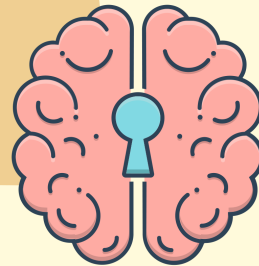




RISKS OF LOW VITAMIN D

MOOD

Low Vitamin D is strongly associated with low energy and depression. Many people note that after taking Vitamin D (supplement or more sunshine!), they feel a boost in their mood.



BONE DENSITY

In the long-term without treatment, low vitamin D can cause your bones to lose density, leaving you at risk for breaking them or later developing osteoporosis.

LOW CALCIUM

Calcium levels definitely are important to our bones & teeth, among other functions in the body. Our body needs to have Vitamin D to absorb calcium from our diet. No vitamin D? Low calcium.



Immunity

It's believed that Vitamin D also plays a crucial role in our immune system. Low Vitamin D could mean that you are more susceptible to colds, viruses and other illnesses.

