



## WHY VITAMIN D IS IMPORTANT

Did you know that Vitamin D is key to your health, yet 96% of Americans do not meet recommended intakes of it?<sup>1</sup> Vitamin D supports:

- **Bones:** It helps our bodies absorb calcium, which is critical in supporting bone health.\*
- **Muscles:** It provides muscle support.\*
- **Immune:** It provides immune support and is involved in some of our immune system processes.\*

### 3 WAYS TO GET MORE VITAMIN D

Vitamin D is often called “the sunshine vitamin,” because it can be uniquely produced from the sun as well as consumed. This fat-soluble vitamin is a must-have for your overall health and wellness.\* There are three ways to get more Vitamin D:

#### 1. THE SUN

Our skin creates Vitamin D from sunlight, but getting enough this way is not always easy due to several limiting factors:

**Weather:** During the winter months with less daylight and more clouds, our bodies are not able to make as much Vitamin D.

**Geography:** Living in northern climates means you get less direct sunshine, which can also affect how much Vitamin D can be made from the sun.

**Sunscreen:** While very important for skin cancer prevention, sunscreen also limits how much Vitamin D you can make.

**Skin color:** Melanin in darker skin tones also decreases the amount of Vitamin D that your body can produce from the sun.

## 3 WAYS TO GET MORE VITAMIN D (CONT.)

### 2. FOODS WITH VITAMIN D

Unlike other nutrients, it takes a bit more work to find foods with Vitamin D but there are options available. Foods high in Vitamin D include trout, salmon, cow's milk and fortified soy milk. Also, ready-to-eat cereal is often fortified with Vitamin D, so check the nutrition label.

### 3. VITAMIN D SUPPLEMENTS

Since Vitamin D is not always an easy nutrient to get from food or sun, supplements are a convenient option. You can find Vitamin D supplements or take it as part of a multivitamin. The following **vitafusion™** gummies include the sunshine vitamin that you're looking for.

**Vitamin D<sub>3</sub>:** Each serving provides 50 mcg of Vitamin D in a blend of yummy peach and berry flavors.

**Extra Strength Vitamin D<sub>3</sub>:** This delectable strawberry-flavored gummy vitamin offers 375% of the recommended Daily Value of Vitamin D per serving.

There are also several **vitafusion** multivitamins that contain Vitamin D, including **vitafusion Women's Multivitamin**, **Men's Multivitamin**, **MultiVites**, and **Multi + Immune**. All of these daily gummy multivitamins taste great and are convenient to take, with no large pills to swallow.

Brought to you by the **vitafusion™** nutrition experts.

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**