

Vitamin D The Sunshine Vitamin!



Vitamin D – More than a Bone Vitamin!



Benefits of Vitamin D

- Maintains Calcium balance
- Strengthens immunity
- Decreases risk of Cancer – breast, intestine, prostate, pancreas
- Reduces high blood pressure
- Helps Insulin secretion



90% of the vitamin D your body needs comes from the action of sunshine on your skin.

Unless you are getting 30minutes of sunlight exposure on large parts of your body everyday you will almost certainly be deficient in Vitamin D.

VITAMIN D DEFICIENCY affects people of all ages including adults, children and babies.

Children

- Improper bone growth
- Rickets
- Diabetes
- Autism
- Asthma
- Weakened immunity
- Allergies
- Increased susceptibility to colds and flu
- Decreased ability to heal

Teens and Adults

- Cancer
- Heart disease
- Autoimmune diseases
- Osteoporosis
- Multiple sclerosis
- Bone and muscle pain
- Weakened immunity
- Allergies
- Increased susceptibility to colds and flu
- Chronic inflammation

Elderly

- Osteoporosis
- Cancer
- Heart disease
- Autoimmune disease
- Weakened immunity
- Increased risk of infection
- Increased susceptibility to colds and flu
- Chronic inflammation

More than 80% of Indian population has Vitamin D deficiency and needs to be tested at regular intervals.

It is diagnosed by a simple blood test.

Get Yourself Tested for Vitamin D Today!

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