



Exclusively from **Amway**

## **Not getting enough sun? Learn how – and why – to boost your vitamin D**

Especially in the winter months, life happens indoors. That means, like most people around the world, you're probably not getting enough sunlight to provide your body with the vitamin D it needs to thrive.

Scientists have long understood that vitamin D promotes calcium absorption, which enables bones to mineralize. Without enough vitamin D, the body's calcium level is not properly regulated, which can impact bone health. Additionally, vitamin D contributes to normal immune system function, and a growing body of knowledge suggests that vitamin D may also aid heart health by supporting already normal blood pressure.

Despite the importance of vitamin D, it can be challenging to get enough every day. Even healthy, active adults who take care of their bodies and value an active lifestyle might not be aware that they may have a dietary vitamin D deficiency.

"The prevalence of vitamin D deficiency in the general population is significant in many regions of the globe," said Alli Klosner, Amway research scientist. "Very few foods in nature contain vitamin D, and most of us don't get enough sunlight to provide us with the vitamin D our bodies need."

Taking a supplement, like Nutrilite™ Vitamin D, brings hard-to-get vitamin D within easy reach. One small, easy-to-swallow tablet provides a supplementary dose of 1,000 IU vitamin D. That's as much vitamin D as 8+ cups of fortified milk.

Or, you might say, like getting sunshine from within.

Interested in learning more about vitamin D and other supplements? Visit [www.amway.com](http://www.amway.com)