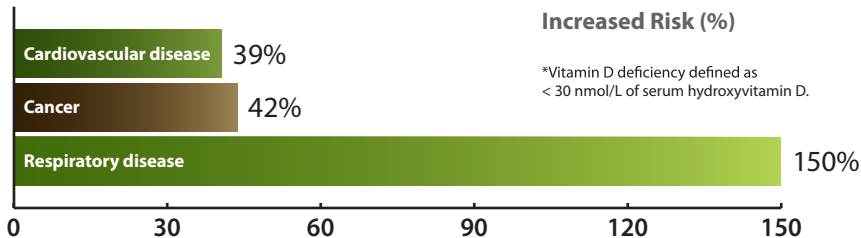


Low Vitamin D Levels = Big Health Problems

Vitamin D deficiency increases the risk of cardiovascular, cancer-related and respiratory mortality significantly, according to a recent study:



SOURCE: Schöttker B, et al. Strong associations of 25-hydroxyvitamin D concentrations with all-cause, cardiovascular, cancer, and respiratory disease mortality in a large cohort study. *Am J Clin Nutr*, April 2013;97(4):782-93.