

## *Theme of the month: Vitamin D*

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# THE HEALTH VITAMIN



**Vitamin D** is a real cure-all for our health and is produced by our body thanks to the effect of the **sun**.

Besides making our teeth and bones stronger, it helps prevent and contrast autoimmune and heart disease, and protects against metabolic syndrome, obesity, high blood pressure and disturbances of the nervous system, as well as helping to prevent cancer.

About 60% of people in the western world suffer from a lack of Vitamin D but the dosage of this substance is rarely requested other than in relation to skeletal pathologies.

### **Have the CDC Vitamin D check-up**

No appointment needed, no letter from your doctor, just pop in to the clinic - on an empty stomach, any weekday from 7.30 to 9.30 a.m.

- **25-OH-VITAMIN D**

PROMOTIONAL PRICE IN  
VITAMIN D MONTH



*If the results are outside the acceptable range, contact your GP*