

# Theme of the month: Vitamin D



## THE SUPER VITAMIN

Thanks to exposure to the sun, the body produces vitamin D which, despite its name, is a hormone that regulates various organs and systems and plays a role in **stimulating the immune system**. In addition to **osteoporosis**, a deficiency is associated with various types of diseases: **autoimmune, cardiovascular, infectious, rheumatic, diabetes, metabolic syndrome, obesity, hypertension, Alzheimer's disease, cancer**.

In the Western world, about **60% of people** are deficient, but the dosage of this substance is rarely required except 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 day from 7.30 to 9.30 a.m.

- **25-OH-VITAMIN D**

SPECIAL PRICE IN  
APRIL

€ 20

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