

# Vitamin D

## Why do we need it?



- Maintaining strong, healthy bones & teeth.



- Immune system function.



- Cell growth.

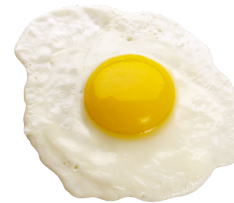
- Neuromuscular function.

## Recommended daily allowance: 15 micrograms/day



= 13microg

100g Salmon



= 1microg

1 Egg Yolk



= 4 microg

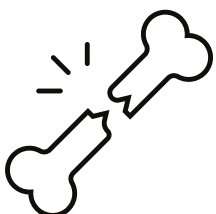
85g Canned Tuna



Sunshine

## Symptoms of Deficiency:

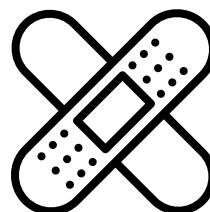
Increased Fracture Risk



Muscle Pain & Weakness



Slow Healing



Joint Pain

