

Free Vitamin D



● **Vitamin D is produced naturally when skin is exposed to ultraviolet rays.*¹**

- Moderate exposure to sunlight or UV light is the absolute best way to help the body manufacture the Vitamin D it needs.*²
- Vitamin D deficiency is contributing to hundreds of thousands of cases of chronic and terminal diseases. That means that the sunlight myths perpetuated by the skin-care industry aren't only misleading, They're deadly. We need sunlight as we need water, food and a roof over our heads.*³
- Lack of sunshine can not only affect a person's emotional health, it can affect a person's physical health. That's because the sun provides Vitamin D, without it there's an increased risk of colon cancer, breast cancer and heart disease.*⁴
- According to the UV Foundation, low Vitamin D levels can also lead to fatigue, depression, and aches and pains.*⁵