## **VITAMIN D – ESSENTIAL FOR LIFE**

BUT ARE YOU GETTING ENOUGH OF THE SUNSHINE VITAMIN?

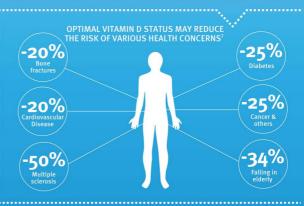


of the world's population has sub-optimal vitamin D levels (<75 nmol/L)34



WHEN YOUR SHADOW IS LONGER THAN YOUR HEIGHT, YOUR BODY IS NO LONGER PRODUCING SUFFICIENT VITAMIN D





## HOW CAN YOU ACHIEVE AN OPTIMAL LEVEL OF AT LEAST 75 nmol/L OF VITAMIN D THROUGHOUT LIFE?

01. TAKE DIETARY SUPPLEMENTS – THEY ARE AN EFFECTIVE, LOW COST AND SAFE WAY TO FILL NUTRITIONAL GAPS

**ENRICH DIET WITH FORTIFIED FOODS** 



Ш **OILY FISH EGGS** 

MILK



**EXCITE-D? GET IN TOUCH** 

Guali<sup>®</sup>-D

www.dsm.com/human-nutrition



For DSM, quality is a way of life. Quality for Life™ symbolizes quality, reliability, traceability and sustainability. This means that our customers are getting the best ingredients, knowing the source on which they depend. As a consumer facing trademark, the Quali®-D brand is available to you. It is successfully licensed out to customers worldwide helping to increase visibility of the care given to the ingredients inside consumer products.



## **HEALTH • NUTRITION • MATERIALS**

- Vitamin D deficiency map, developed the International Osteoproxis Foundation and DSM Bischoff-Ferrait IA- et al. Estimation of populmal serum concentrations of 25-y-hydroxyntamin I for multiple health outcomes. Am J Clin Nutr. 2006 Jul;84(1):18-28():39-100. doi: 10.3946/3jin.111.014779. Epub 2011 Dec 14. Zittermann A, et al. Vitamin D deficiency and mortality risk in the general population: a meta-analysis of prospective trooph rot studies. Am J Population (10 Jul; 2012 Jul; 2012