



Vitamin D and Winter Months

In the winter it's hard to get enough direct sunlight to maintain our Vitamin D levels which are important for bone growth and strength.

Follow the link below to get a better understanding of Vitamin D's role and how to ensure you have enough Vitamin D from Sunlight, your diet or supplements.

This link gives you more information:

<https://www.acc.co.nz/assets/injury-prevention/acc6774-vitamin-d.pdf>

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