

VITABIO

Vitamins - Supplements







VITAMIN D3 FACTS:



Contributes to healthy, strong bones and helps control the amount of calcium in the blood.



Prevents many diseases and helps with immunity and cardiac function.



A range of diseases that associated with low levels of D3 such as multiple sclerosis, osteoporosis, cardiovascular & mental health.



Although most of this evidence has been demonstrated in adults, these guidelines will focus on vitamin D & its role in bone health in school-age children.





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VITAMIN D3 FACTS:



Adding vitamin D3 rich foods into your diet can help make sure you are getting the recommended levels every day.



As an employer, it is important your employees are getting their source of D3. If sun exposure is not an option you may need to source supplements, just be careful of the dosage amount.



If sun exposure is available make sure you are encouraging regular breaks outdoors, especially in the winter months.



Encourage regular exercise as this assists with the production of D3



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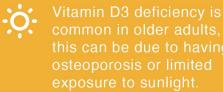
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VITAMIN D3 FACTS:





The skin becomes less able to synthesize D3 as people get older.



D3 seems to be involved in muscle function. Some research has suggested it can help reduce falls, other research hasn't confirmed this finding. It is sensible to avoid this by taking supplements.



Taking 4,000 IU of D3 supplements every day lowers the risk of harm in older people.





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VITAMIN B12 **HELPS WITH:**



O , Red blood cell formation & anaemia prevention



Supporting bone health & prevents osteoporosis



Improving your mood and symptoms of depression



Supporting healthy hair, skin & nails



Protects your eyes by reducing the risk of macular degeneration



ONLY £6.50



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OMEGA 3 FACTS:



Lowering blood pressure



Reduce triglycerides



Slow the development of plaque in the arteries



Reduce the chance of abnormal heart rhythm



Reduce the likelihood of heart attack & stroke



Lessen the chance of a sudden cardiac death in people with heart disease



Supports memory & decreases the chance of developing dementia



Helps treat dry eye syndrome





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