



Just 'D' Facts



97 percent of Canadians will be Vitamin D deficient this winter.



90 percent of all vitamin D is made when skin is exposed to UVB in sunlight.



In most of Canada, sunlight isn't strong enough to make any vitamin D from October to April.



The Canadian Cancer Society now recommends 1,000 IU of vitamin D daily - five times the old recommendation.

November is Vitamin D Awareness Month in Canada.

Are You Vitamin D Deficient?

Learn more. www.VitaminDsociety.org.



The **VitaminD** Society

research for the future