

Vitamin D Status & Vitamin C Intake on Colds and Flu (N=2,772)

■ Lower Vitamin D (<40 ng/ml) & Did not usually take vitamin C

■ Higher Vitamin D (\geq 40 ng/ml) & Usually took vitamin C

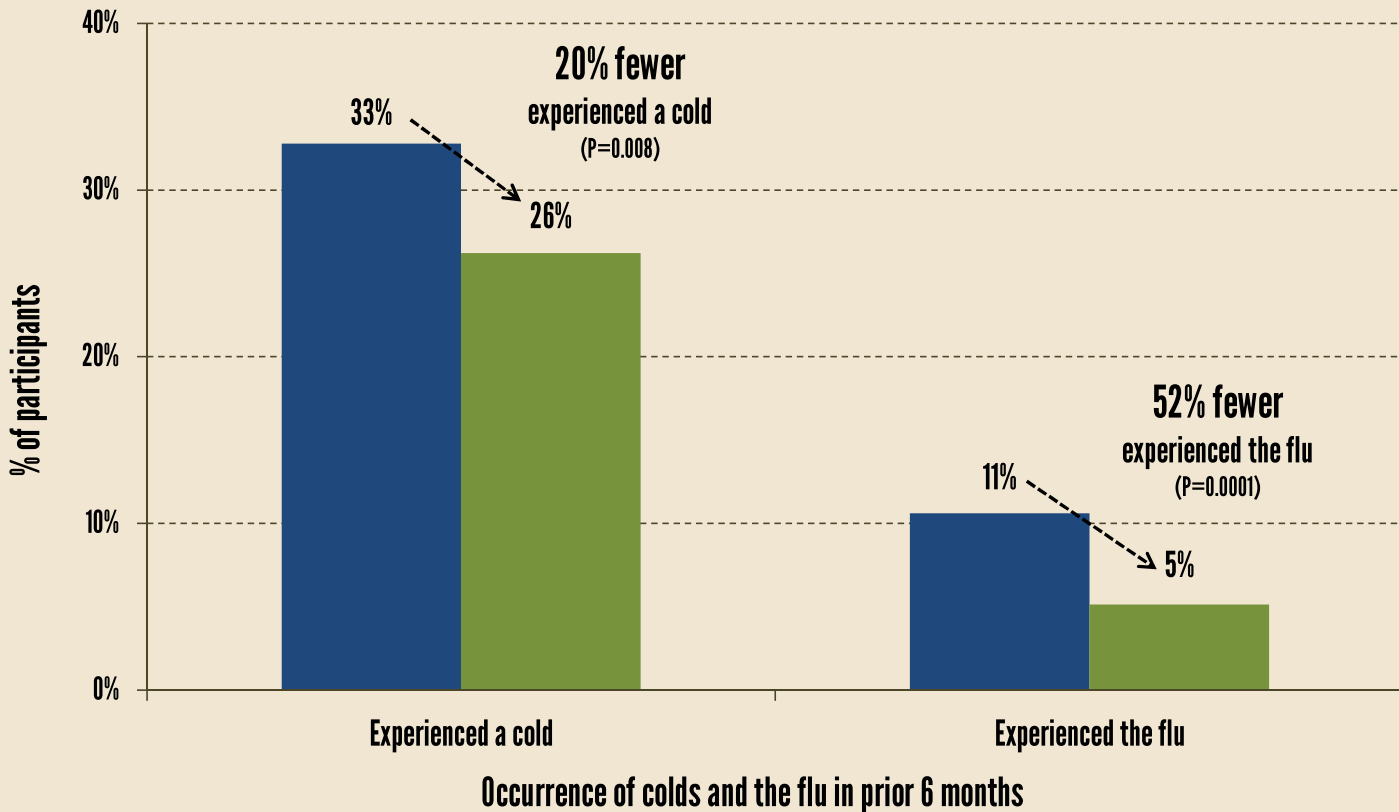


Chart Date 12/5/2019

©2019 GrassrootsHealth

Preliminary data, not yet published.



GrassrootsHealth
Nutrient
Research Institute

Moving
Research
Into Practice

www.grassrootshealth.net