

Rickets is  
just the tip of the  
vitamin D deficiency  
iceberg

**RICKETS**

ALLERGIES  
ASTHMA  
AUTISM  
CANCER  
CARDIOVASCULAR DISEASE  
CHRONIC PAIN  
COLDS & FLU  
DENTAL CAVITIES  
DIABETES - TYPES 1 & 2  
ECZEMA  
FETAL GROWTH IMPAIRMENT  
GESTATIONAL DIABETES  
GROWTH & DEVELOPMENT  
PROBLEMS  
PREECLAMPSIA  
PRENATAL INFECTIONS  
PRETERM BIRTH

Vitamin D deficiency  
is associated with  
increased risk of disease  
through all life stages

**40-75% of the world's population is vitamin D deficient**  
**Scientists recommend 40-60 ng/ml – test now!**

A **D\*action** Project of



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Moving Research into Practice

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