

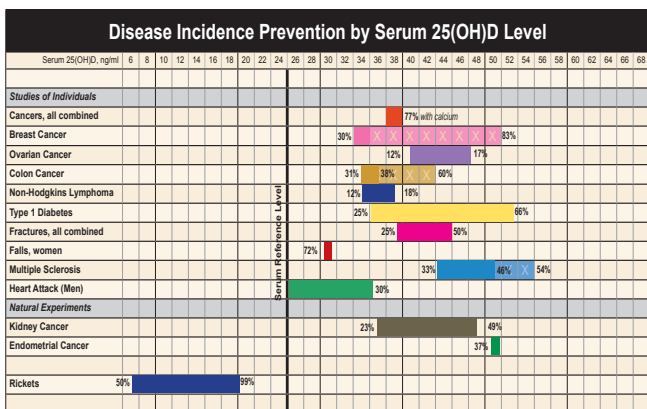


Vitamin D **action*

A Consortium of Scientists, Institutions and Individuals
Committed to Solving the Worldwide Vitamin D Deficiency Epidemic

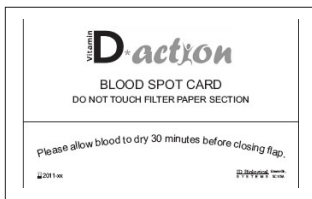
Take Charge!

Test your vitamin D level today.



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Chart prepared by: Garland CF, Baggerly CA



GrassrootsHealth

Moving Research into Practice

D*action is a public health project of GrassrootsHealth, a 501c3 non-profit organization.
www.grassrootshealth.net 760-579-8141 customerservice@grassrootshealth.org

How do I help sponsor this project and get my home test kit to check my vitamin D level?

- The test is available at www.grassrootshealth.net for your sponsorship of \$65 (US).
- At a computer, logon to www.grassrootshealth.net. Click to 'Order Now' and register for D*action.
- Follow the instructions to register, answer the health questionnaire (this information is required for processing the blood spot card) and order your test kit.
- Your vitamin D test kit will be mailed to you. Complete the blood spot test and mail it in. 7-10 days after we receive your card we will email you a link to your online results.

Vitamin D Basics

You can get vitamin D from the sun (the original source) or other UVB sources, fortified foods (very little), and supplements. The body needs at least 4,000 IU/day but most people only get about 2,000 IU/day from food and sun.

Vitamin D is essential for cell and bone health. Recent research has linked vitamin D deficiency to diseases such as cancer, diabetes, osteoporosis, high blood pressure and pregnancy complications.

Vitamin D*action Project

A public health project designed to help individuals take charge of their own health by testing their D levels at home and using the results to adjust their levels to help prevent disease. Results from the project will be used to help create public health policy for all.

The D*action Scientists' Panel of over 40 vitamin D experts recommends a vitamin D serum level between 40-60 ng/ml (100-150 nmol/L). The IOM (Institute of Medicine) noted (2010) that 10,000 IU/day is considered the NOAEL (no observed adverse effect level) for adults 19 years or older.

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