

More than 80% of Pregnant Women are Vitamin D Deficient!

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 - TYPE 1
ECZEMA
FETAL GROWTH IMPAIRMENT
GESTATIONAL DIABETES
GROWTH & DEVELOPMENT
PROBLEMS
PREECLAMPSIA
PRENATAL INFECTIONS
PRETERM BIRTH

The lifelong impact
of deficiency
on pregnancy and
the developing
child

Nearly every baby born to a mother getting only the recommended daily dose of vitamin D (600 IU/day) is born deficient, which increases the risk of disease and can lead to decreased immune responses and other issues early in life.



A **Vitamin D^{act}ion** Project of



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Moving Research into Practice

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