

SUNNY HIPPOCRATES PRESENTS
SUN WISDOM!

KNOW YOUR VITAMIN D LEVEL

TEST YOUR STARTING
VITAMIN D LEVEL!
EXPERTS RECOMMEND
40-60 NG/ML
FOR WELL BEING

DOWNLOAD THE
DMINDER APP
TO TRACK YOUR SUN
EXPOSURE AND
VITAMIN D PRODUCTION
TO HELP
PREVENT SUN BURNS!



GrassrootsHealth

Moving Research into Practice