



# We Can't Wait!

It's time to move  
to a culture  
of health &  
prevention

## Consider what's possible with vitamin D at 40-60 ng/ml:

- 60-80% lower risk of cancer
- 40-60% lower risk of preterm birth\*
- 50% lower risk of diabetes
- 20-50% lower risk of cardiovascular disease
- Safe and effective

**It takes an average of  
30 years for new  
scientific findings to  
be implemented into a  
standard of care.  
We've done it in 2!\***

You can help today -- find out how...

**Register NOW**

[facebook.com/GrassrootsHealth/events](https://facebook.com/GrassrootsHealth/events)  
[CustomerService@GrassrootsHealth.org](mailto:CustomerService@GrassrootsHealth.org)

Join us for a community  
health event sponsored by



**GrassrootsHealth**  
Moving Research into Practice

**August 16th @ 7:30 pm**

Encinitas Library Community Room  
540 Cornish Dr., Encinitas

## Speaker

**Carole Baggerly**  
Director, GrassrootsHealth

