

HEALTHY Rascals

Molly & Max

THE IMPORTANCE OF VITAMIN D

Vitamin D is an important factor and has many roles in maintaining good health. In addition to strong bones and teeth, it also plays a big part in maintaining a healthy immune system. It is required for the absorption and utilisation of calcium and phosphorus, blood calcium levels, and the process of cell division. Latest research also indicates that vitamin D plays a part in maintaining heart and cardiovascular health.

The Department of Health recommends that children aged 1-4 years should be given a daily supplement containing 10mcg of vitamin D throughout the year. Government advice for adults and children over 5 years old recommends taking 10mcg a day, especially during the winter months when we have little or no sunshine, but even during the summer months it is difficult to obtain enough vitamin D.

The body generates vitamin D through the sun's UV rays on bare skin. The UK winter sun is not strong enough to produce vitamin D, and during the summer months when we protect our skin from sun damage with sunscreens, we also block the important UVB rays required to generate vitamin D.

Certain population groups are at higher risk of deficiency including those who are housebound or simply don't get outdoors very often, people who cover most of their skin when outdoors, and people with dark skin from African/Caribbean and Asian backgrounds are advised to take a supplement of 10mcg of vitamins D every day.

HEALTHY RASCALS SUPER BEARS - PROVIDES 10MCG OF VITAMIN D IN EACH DELICIOUS CHEWY BEAR.

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