



Royal
Osteoporosis
Society

Better bone health for everybody

I didn't know the importance of vitamin D.

Vitamin D is vital to absorb calcium and help your bones, muscles and teeth to remain strong. You can get vitamin D through sunlight, diet and supplements.

Are you getting the vitamin D you need?

Ask a healthcare professional or the Royal Osteoporosis Society.
Freephone Helpline 0808 800 0035 or nurses@theros.org.uk

President: HRH The Duchess of Cornwall

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