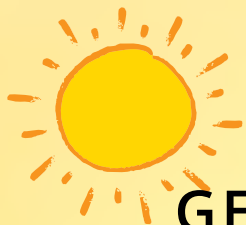


# VITAMIN D

ARE YOU GETTING ENOUGH?



DO YOU...

GET OUT IN THE SUN EVERYDAY?  
WITHOUT YOUR SKIN COVERED?



IF NOT...

*you may be at risk of low vitamin D  
and may need vitamin D supplements*



LOW VITAMIN D INCREASES YOUR RISK OF  
FALLS AND INJURY

If you live in an aged care home, speak to your  
GP about vitamin D

## KEY FACTS

- VITAMIN D IS ESSENTIAL FOR STRONG BONES AND MUSCLES
- LOW VITAMIN D LEVELS LEAD TO AN INCREASED RISK OF FALLS AND INJURIES
- VITAMIN D SUPPLEMENTS ARE EFFECTIVE IN INCREASING VITAMIN D LEVELS
- PEOPLE LIVING IN AGED CARE HOMES OFTEN HAVE LOW VITAMIN D