

The background features a stylized sun with yellow rays at the top, partially obscured by blue, rounded clouds. The main text is set against a large blue cloud shape.

Are you getting enough vitamin D?

From October
to March, we
can't make
enough vitamin D
from sunshine.

It's best to
take a vitamin D
supplement for
healthy bones
and muscles.

Adults and
children over
4 years old
just need **10
micrograms**
a day.

You can buy vitamin D from most
pharmacies and supermarkets