

**Rickets is
just the tip of the
vitamin D deficiency
iceberg**

RICKETS

**ALLERGIES
ASTHMA
AUTISM
CANCER
CARDIOVASCULAR DISEASE
CHRONIC PAIN
COGNITIVE DISORDERS
COLDS, FLU & COVID-19
DENTAL CAVITIES
DIABETES - TYPES 1 & 2
ECZEMA
GESTATIONAL DIABETES
GROWTH & DEVELOPMENT
PROBLEMS
LOWER IMMUNE FUNCTION
OSTEOPOROSIS & OSTEOPENIA
PREECLAMPSIA
PRENATAL INFECTIONS
PRETERM BIRTH**

**Vitamin D deficiency
is associated with
increased risk of disease
through all life stages**

**85-90% of the world's population is vitamin D deficient
Scientists recommend 40-60 ng/ml (100-150 nmol/L) – test now!**

A **D*action** Project of



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Moving Research into Practice

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www.grassrootshealth.net 760-579-8141 customerservice@grassrootshealth.org