



# FIRSWAY HEALTH CENTRE

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Your vitamin D level has been low. It is important for healthy bones.

This is how you can increase your vitamin D levels:

- **TABLETS**

You can buy a daily tablet containing 800 to 1000 units (20 to 25 mcg) of vitamin D to take for **life**

Discuss with your pharmacist



- **SUNSHINE**

Expose arms and face for 15 minutes twice daily from May to Sept.



- **FOOD**

Oily fish (salmon, tuna, mackerel)  
Mushrooms, eggs, cereals, margarine  
Milk, cheese and yoghurt daily for calcium

