



Stay at home, protect the NHS, save lives.

Spending more time indoors?

Don't forget your Vitamin D

Vitamin D works with calcium and phosphorus for healthy bones, muscles and teeth. You make the most vitamin D under your skin when you are outside. Less sunlight means less Vitamin D. If you can't get at least 30 minutes a day outdoors, take a 10 microgram supplement. For further advice go to:

<https://www.bda.uk.com/resource/vitamin-d.html>

