

RISE: **WITH THE HOLIDAYS UPON US, WE NEED TO BE SURE TO KEEP OUR IMMUNITY IN CHECK. I'M RISE JILL MILLER.**

NOW THAT THE DAYS ARE COLDER AND SHORTER, WE DON'T SPEND AS MUCH TIME OUT IN THE SUN WHICH CAN RESULT IN LOW LEVELS OF VITAMIN D IN THE BODY.

INADEQUATE LEVELS OF THIS NUTRIENT NOT ONLY CAN AFFECT OUR IMMUNITY, BUT MAY ALSO AFFECT OUR MOOD, BONE AND HEART HEALTH.

PHARMACIST LAUREN FALLIERAS:

FALLIERAS: MORE THAN SEVENTY PERCENT OF ADULTS IN THE U-S HAVE LOW VITAMIN D LEVELS, ACCORDING TO RECENT STUDIES. EVEN WHEN EATING A BALANCED DIET, IT MAY BE DIFFICULT TO GET ENOUGH VITAMIN D, AS FEW FOODS NATURALLY CONTAIN THIS IMPORTANT NUTRIENT. FOODS FORTIFIED WITH VITAMIN D SUCH AS YOGURT AND CEREALS CAN HAVE LASTING BENEFITS BUT MAY NOT BE ENOUGH TO PROVIDE THE RECOMMENDED DAILY AMOUNT YOUR BODY NEEDS. AS A PHARMACIST, I RECOMMEND SUPPLEMENTING WITH VITAMIN D AND THAT'S WHY I'VE PARTNERED WITH NATURE MADE, THE NUMBER ONE PHARMACIST RECOMMENDED BRAND OF LETTER VITAMINS

RISE: **TALK TO YOUR DOCTOR OR PHARMACIST WHEN CONSIDERING WHICH SUPPLEMENTS ARE RIGHT FOR YOUR INDIVIDUAL NEEDS. FOR MORE INFORMATION, VISIT NATURE MADE DOT COM. I'M RISE JILL MILLER.**