

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.