

RISE: JUNE TWENTIETH MARKS SUMMER SOLSTICE, THE LONGEST DAY OF THE YEAR, WHEN WE CAN TAKE THE MOST ADVANTAGE OF SUNLIGHT. I'M RISE JILL MILLER.

SUNLIGHT IS NECESSARY FOR US TO PRODUCE VITAMIN D, BUT EVEN WITH LONG SUMMER DAYS, THE NATIONAL CENTER FOR HEALTH STATISTICS REVEALS THAT NEARLY A THIRD OF THE POPULATION IS STILL AT RISK FOR LOW VITAMIN D LEVELS.

DOCTOR MELINA JAMPOLIS, PHYSICIAN NUTRITION SPECIALIST:

DR: BECAUSE OF INCREASED TIME INDOORS AND USE OF SUNSCREEN TO PROTECT US FROM SUN EXPOSURE, OUR BODIES MIGHT NOT MAKE ADEQUATE AMOUNTS OF VITAMIN D, AN ESSENTIAL NUTRIENT FOR BONE, TEETH AND IMMUNE HEALTH.

RISE: SO HOW CAN WE GET OUR DAILY DOSE?

DR: IF YOU SPEND TOO MUCH TIME INSIDE AND WEAR SUNSCREEN AS PART OF YOUR DAILY ROUTINE, A VITAMIN D SUPPLEMENT MIGHT BE RIGHT FOR YOU. I ENCOURAGE MOST ADULTS TO ADD A ONE- TO TWO- THOUSAND I-U VITAMIN D SUPPLEMENT, LIKE NATURE MADE, TO THEIR DIET TO FILL THE VITAMIN D GAP.

RISE: TALK TO YOUR DOCTOR ABOUT YOUR SPECIFIC NUTRIENT NEEDS. FOR MORE, VISIT NATURE MADE DOT COM.