

Vitamin D

Your Family's Winter Vitamin!

If you're like us, you don't let cold weather stand in the way of keeping your family active. Whether you're a family that skis or builds snowmen in the front yard, new research says we still aren't getting enough sunlight exposure to keep our families at their healthiest.



WHY DO WE NEED IT?

Vitamin D is called the sunshine vitamin because our bodies naturally synthesize it when our skin is exposed to sunlight. Recent studies have shown even with the Vitamin D in our diets, the majority of the population is Vitamin D deficient, especially in climates that need to bundle up during winter months.

We all know Vitamin D is important for maintaining healthy bones and teeth, but we now know it also plays an important role in maintaining good immune function and preventing disease.

THE BENEFITS

During the winter months, a boosted immune system helps to fight off the viruses and bacteria that commonly

affect families during the cold weather season.

And maintaining Vitamin D levels also has long-term impact. In fact, new research shows Vitamin D may be effective for helping to reduce the risk of certain cancers (by almost 60 percent).

WHY IRONKIDS & ADULT ESSENTIALS?

Our vitamins are formulated to help your entire family meet its Vitamin D needs. LIFE SCIENCE NUTRITIONALS is a government-audited and fully licensed Canadian facility and our vitamins have HEALTH CANADA'S approved natural health product designation.

Over the years, my boys have tried A LOT of different vitamins including other "gummy" brands & they just didn't like the taste. Then I found Iron Kids Gummy Vitamins! I LOVE how there is NO sugar coating, NO artificial colour or flavour AND they are a CANADIAN family made product. The broad range of vitamins each taste fantastic, even the omega ones. I used to sneak the kids vitamins too because they tasted SO MUCH better than my usual adult vitamins, but now I have my own Adult Essentials!

Deborah Schwab



Award-winning and doctor-approved IronKids and Adult Essentials Gummies are free of any artificial flavours, colours or sweeteners AND they come with a dairy, gluten and nut-free manufacturer's guarantee.

Visit us online at Iron-Kids.com and AdultGummies.com to learn more.

