

Vitamin D and Your Health

Please complete and return.

1. Fill in the circle next to the best answer.
 - a) Vitamin D is needed to absorb calcium
 - b) Vitamin D is needed for a healthy immune system
 - c) Vitamin D is needed to prevent anemia
 - d) Both a and b
 - e) All of the above
2. Vitamin D is found naturally in many foods.
 - True
 - False
3. Our body can make vitamin D when our skin is exposed to sunlight.
 - True
 - False
4. Most Americans have healthy blood levels of vitamin D.
 - True
 - False
5. I plan to talk to my doctor about taking a vitamin D supplement.
 - Yes
 - No
 - I already have talked to my doctor about taking a vitamin D supplement.

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