

From: Physio4All [info=physio4all.com.au@mail4.us4.mandrillapp.com] on behalf of Physio4All [info@physio4all.com.au]
Sent: Monday, 5 March 2012 12:40 PM
To: Steve
Subject: PHYSIO4ALL E-News: 40% of Australians are Vitamin D Deficient or Insufficient!!

Learn about Vitamin D and its benefits! PLUS Special Offer - 10% off Fit-Bioceuticals D3 Drops Forte!!!

Email not displaying correctly?
[View it in your browser.](#)



PHYSIO4ALL E-News

40% of Australians are Vitamin D Deficient or Insufficient!!

A significant number of Australians are deficient in vitamin D. For people living in Australia, the main source of vitamin D is through exposure to sunlight.



*Sensible sun exposure:
7-10mins of sun to
legs and arms
Between 10am-3pm
Follow with SPF 30+
Always protect your
face*



SPECIAL OFFER!!!

Download the following

Deficiency has also been implicated in various conditions including:

- osteoarthritis
- osteoporosis
- bone fractures
- cardiovascular disease
- increased cancer risk and mortality
- depression
- diabetes
- multiple sclerosis
- cognitive dysfunction

Recommended dose if your Vit D levels are low:

- 1 Drop of the **Fit-Bioceuticals D3 Drops Forte** will give you 1000 IU's
- Recommended dosage varies between 600-4000IU, dependent on age (see link below for further information)
- If you are deficient you should initially take 4 to 6 drops per day for 4-6 weeks
- You should then reduce your dose back to 1-3 drop p/day for maintenance



For further information on Vitamin D click the following link:

[Vitamin D Summary by Professor Michael Holick](#)

voucher, and receive 10% off Fit-Bioceuticals D3 Drops Forte!

Click here for [10% off your Fit-Bioceuticals D3 Drops Forte!](#)



Watch a great Video on our **PHYSIO4ALL** Video Blog!

For a great PHYSIO4ALL video on an Exercise for Hip and Knee Pain, [click here!](#)

follow on Twitter  | friend on Facebook  | follow on YouTube  | forward to a friend 

Copyright © 2012 Physio4All, All rights reserved.

Hi! You signed up because you wanted to receive the fantastic newsletter from PHYSIO4ALL, or you were referred by a friend to receive our newsletter. Remember, there are special offers that only those in the PHYSIO4ALL family receives, and we love that you are a part of the PHYSIO4ALL family.

Our mailing address is:

PHYSIO4ALL

Shop P16 NorthPoint Plaza

100 Miller St

North Sydney

NSW 2060

[unsubscribe from this list](#) | [update subscription preferences](#)