UK Officials Warn of Vitamin D Deficiency And Recommend Supplement

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Miami, FL -- This week UK health officials are warning the country as a whole is Vitamin D deficient. In an announcement carried by BBC News, the Scientific Advisory Committee on Nutrition is about to release new guidelines that suggest people take a Vitamin D supplement from the age of one. North America, with a similar culture and climate, is also experiencing a noted lack of Vitamin D.

Vitamin D, an essential vitamin obtained from the sun, is in precious supply in climates that experience frequent cloudy skies. Cultures that wear full clothing also have difficulty getting enough Vitamin D.

Officials estimate the problem reaches maximum severity during winter months when people spend more time indoors. While outside they are covered head to toe to fend off the cold. One in five adults and one in six children in England may have low levels of Vitamin D.

A lack of Vitamin D can cause softening of the bones. This begins in childhood and can have major negative consequences into old age. Once known as rickets, Vitamin D deficiency is a concern in modern times when most people work indoors and do not get adequate exposure to sunlight. Current climatic conditions causing

greater danger from UV rays is yet another reason many people do not get enough Vitamin D. Vitamin D may also play a role in fending off diabetes and cardiovascular disease.

The problem is not unique to the UK. Despite Australia's sunny climate, low levels of Vitamin D is a common issue that is becoming increasingly more prevalent. India also points to low levels of Vitamin D in its population noting peoples with darker skin seem to have lower levels of the essential vitamin.

In humans, Vitamin D3 is the major form that benefits bone density and overall systemic health. One of the more popular supplements in nutrition circles is AdvantaVita's new Vitamin D3. It is all natural and available in 240-count bottles on http://www.amazon.com/AdvantaVita-Vitamin-Natural-Organic-softgels/dp/B00Z7G70WS.

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For more information about AdvantaVita, contact the company here:AdvantaVitaChris Johnson954-719-4043media@advantavita.comAdvantaVita3422 SW 15 Street, Suite #9175, Deerfield Beach, FL 33442

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We select the best quality products we can find using the best quality ingredients, and nothing else.

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