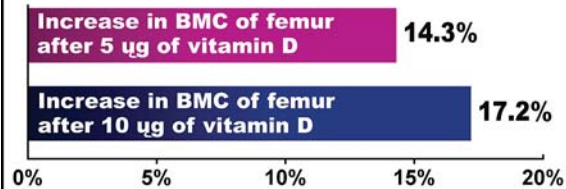


## Another Reason to Recommend Vitamin D

Most people think sunlight provides adequate vitamin D. That's a great concept, but much of the modern work force gets nothing more than fluorescent exposure five or more days of the week. A recent study emphasizes that vitamin D supplementation can have pronounced benefits, particularly by increasing bone mineral content:



SOURCE: Viljakainen HT, Natri A-M, Kärkkäinen M, et al. A positive dose-response effect of vitamin D supplementation on site-specific bone mineral augmentation in adolescent girls. *Journal of Bone and Mineral Research* 2006;21:836-44.