

# Vitamin D

## and Bone Health

- **Enhances bone mineral density:** Vitamin D supplementation has effectively increased bone density, especially in people over 50.
- **Prevents fractures:** Improved bone density helps reduce the risk of fractures, a common concern in older adults.
- **Supports overall bone health:** Ensuring adequate Vitamin D levels is essential for maintaining strong bones throughout aging.
- **Source of Vitamin D:** This can be obtained through supplementation or natural sources like sunlight and certain foods.

