



Cross Current Health Care, 716-655-9957 [www.crosscurrenthealthcare.com](http://www.crosscurrenthealthcare.com)

## **VITAMIN D3**

### **Summary of Why You Need Our Vitamin D3**

- Bones need Vitamin D more than they need calcium in this modern world, so it is good for bone health.
- Vitamin D3 is known as the happy vitamin...yes, we have many reports where people say they are simply happier, in a better mood!
- Reduces DHT (increased DHT is the known cause of hairloss), which means reducing hair loss, helps increase sexual abilities, and protect the prostate.
- It is a hormone regulator because Vitamin D is a hormone that upregulates more than 1000 other hormones. Equally effective for men and women.
- Subsequently this combination helps regulate sleep patterns as well!