

Australia's #1 Vitamin D Brand⁺

Ostelin®

www.ostelin.com.au

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Vitamin D



- Recommended for adults with low Vitamin D levels
- Ostelin contains Vitamin D3, which is the form that's naturally produced by our bodies
- 60, 130 & 250 soft-gel liquid capsules available

Vitamin D & Calcium



- Recommended for adults with low Vitamin D levels and inadequate calcium intake
- Calcium is essential in our youth and throughout life to maximise and strengthen bones, and may assist in the prevention and treatment of osteoporosis
- Available in both easy to swallow tablets and chewable citrus flavoured tablets

Helps keep muscles and bones strong.



Ask your GP to check your Vitamin D levels, or assess your risk online at ostelin.com.au

The Ostelin range is Halal accredited.



⁺Adults. For more information see www.ostelin.com.au *Limited sun exposure of less than 2-3 hours per week. *AZTEC National Scan Sales, MAT 08/04/2012. Always read the label. Use only as directed. Vitamin supplements should not replace a balanced diet.

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1 IN 3 AUSTRALIANS⁺ ARE VITAMIN D DEFICIENT



We all know that calcium is important for strong bones, but what about Vitamin D?



Did you know?

- Vitamin D helps our bodies absorb the calcium that's essential for producing strong, healthy bones.
- If we don't get enough Vitamin D, our bodies can't absorb calcium efficiently, no matter how much we consume.
- Good bone and muscle health is essential for maintaining a healthy and active lifestyle.
- Vitamin D supplementation supports immune system function and may reduce the risk of falls, due to improved muscle tone and strength.
- Vitamin D is primarily produced in the skin, as a result of direct exposure to sunlight.

- If you're older, have darker skin or have limited sun exposure,* through an indoor lifestyle or covering up, you may have low Vitamin D levels.
- Foods alone do not provide enough Vitamin D for the body. Only a few foods contain a small amount of Vitamin D, such as egg yolk, oily fish and fortified margarines.
- Ostelin is Australia's #1 bone health and Vitamin D brand.+

Despite our sunny climate, 1 in 3 Australians* are Vitamin D deficient, so next time you're at the GP, ask about Ostelin. You can also assess your risk online at ostelin.com.au



Actual size



Actual size



(Chewable)