



## Food Sources of Vitamin D

**Few foods contain vitamin D naturally.  
Because of this, some foods are fortified.  
This means that vitamin D has been added.**

Foods that contain vitamin D include:

- salmon
- sardines
- egg yolk
- shrimp
- milk (fortified)
- cereal (fortified)
- yogurt (fortified)
- orange juice (fortified)

It can be hard to get enough vitamin D each day through sun exposure and food alone, so taking vitamin D supplements can help.

Try the NYR Capsules  
[Vitamin D3 Supplement](#)

**Helps to support bone health and the immune system;  
a daily dose of sunshine goodness**

Known as the sunshine vitamin, D3 is essential for maintaining the calcium our bodies need for healthy bones and teeth. NYR's naturally sourced one-a-day supplement is the simple way to ensure your body is full of sunshine goodness, whatever the weather.

