

## **10 signs you have a serious vitamin D deficiency - Nov 2014**

### **Top 10 Signs You Have a Serious Deficiency in This One Vitamin NaturalON\_**

1. Psoriasis
2. Weakness in the muscles
3. Sensitivity to pain
4. Sadness/Depression
5. Bone fractures
6. Susceptibility to the flu
7. High blood pressure
8. Periodontal disease
9. Lower endurance levels
10. Cancer

**NaturalON also had another article in April 2014**

### **8 Common Diseases Caused from a Lack of Vitamin D**

1. The Flu
2. Asthma
3. Dental Cavities
4. High Blood Pressure

5. Type 2 Diabetes
6. Rheumatoid Arthritis
7. Inflammatory Bowel Disease
8. Cancer