

Heart Health: <http://www.medicalnewstoday.com/articles/302314.php>

Studies have increasingly suggested vitamin D3 may play an important role in heart health, linking vitamin D deficiency to increased risk for **high blood pressure, heart attack and heart disease**. But what specific level of vitamin D deficiency poses a risk to heart health? **The research of more than 230,000 patients found that patients whose D3 levels were less than 15 ng/mL (37.5nmols) were 35% more likely to experience a cardiovascular event in the subsequent 3 years than if their levels were higher. The study confirmed vitamin D3 supplementation lowers the risk for heart disease.**

Who Knows what their Vitamin D3 Levels are? Until now very few knew, but **Wellness4us** is the agent of a German test system that for a \$25 test you can find out in 10minutes. If you're low, start a course with one of our products. **Juventus Skin Serum or D'Life Boost.**

Alzheimer's Fears; Most Robust Study of Its Kind' Confirms Link Between Low Vitamin D and Dementia.

The link between low vitamin D & dementia has again been confirmed with the publication of a robust six-year long study conducted by an international team of researchers. *Participants who were severely vitamin D deficient were more than twice as likely to develop dementia and AD.*

Adults in the study who were moderately deficient in vitamin D had a 53 % increased risk of developing dementia of any kind, and the risk increased to 125 % in those who were severely deficient. The results confirm that vitamin D deficiency is associated with a substantially increased risk of all-cause dementia & Alzheimer disease.

The findings also suggest there's a threshold level of circulating vitamin D, below which your risk for dementia increases. This threshold was found to be right around 50 nmol/L, or 20 ng/ml. Higher levels were associated with better brain health.



Cardio & Cognition Magic:



Test4D is the only true rapid test available. It is easy to use, so everyone can know for certain what their Vitamin D levels are. No need to go to a lab to have your blood drawn and potentially wait weeks only to find out what you could have found out with Test4D in 10 minutes & an accuracy of 99% .

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