

Understanding the REAL CBD!

CBD oil and Vitamin D: 2 critical BOOSTERS for your health!

Vitamin D - They call it the sunshine vitamin! But with the days getting shorter and fall approaching, a Vitamin D deficiency is imminent. Nonetheless, thanks to a new revolutionary supplement, you can ensure you are getting enough!

Why is Vitamin D so important?

Vitamin D plays a vital role in your nervous, muscle and immune system. It also helps your body absorb calcium, one of the main building blocks of our body.

CBD with vitamin D can optimise your health in a whole new way. It is a combination of 2 of the most beneficial oils for our Endocannabinoid-system. Did you know that vitamin D is actually a hormone and not a vitamin and one of the most important supplements there are – especially for your immune system fighting viruses.... and most of us do not have enough vitamin D!!!

Risk of Vitamin D deficiency

The body makes vitamin D in a chemical reaction that occurs when sunlight hits the skin. And you would think living here in the southern hemisphere would provide more than enough. But that is NOT the case. You have to expose minimum half of the skin on your body in the sun EVERY DAY for at least 30-45 minutes – and then you might produce enough vitamin D. When you hit 45 years of age the ability to produce your own vitamin D is slowing and it is almost impossible to make enough to have a well-functioning body. The sunshine vitamin helps us keep young, both mentally and physically.



Here is a few of the benefits of proper vitamin D levels:

- Fights disease IMPORTANT in these times!
- Helps depression
- Can boost weight loss
- Vitamin D can strengthen your muscles
- Strengthen oral health
- Help prevent type 2 diabetes
- May help reduce the risk of certain cancers
- High blood pressure management
- Can help prevent respiratory infections
- It can help prevent cognitive decline

Preparing for colder days: fighting viruses
We are heading towards darker times with less sunshine hours and uncertain times. What does the future hold for us? Better prepare ourselves....



This is why we have combined 2 super important ingredients for our immune system. CBD oil and Vitamin D. Vitamin D3 is oil soluble and works great together with CBD oil. Adding the two together optimises your immune system putting it in great shape for fighting viruses and other outside threats to your health. Help yourself for happier and healthier winter months. CBD oil and vitamin D in 1. Scan the QR code or visit:

www.therealcdb.com