



Vitamin D Social Media Copy

The following is suggested copy to include across your social channels alongside the social media images provided.

Facebook:

Stay healthy this Winter. In Scotland, we are unable to get enough natural Vitamin D from sunlight during the winter months. Take the recommended daily dosage of 10 micrograms of Vitamin D over the key winter period to support bone and muscle health. Find out more on our blog at foodstandards.gov.scot/Vitamin-D.

LinkedIn:

Stay healthy this winter. In Scotland, we are unable to get enough natural Vitamin D from sunlight during the winter months. Take the recommended daily dosage of 10 micrograms of Vitamin D over the key winter period to support bone and muscle health. Find out more on our blog at foodstandards.gov.scot/Vitamin-D.

Twitter:

1. Stay healthy this winter and take the recommended daily dosage of 10 micrograms of Vitamin D. Find out more at foodstandards.gov.scot/Vitamin-D
2. Did you know we can't get enough Vitamin D in Scotland during winter? We suggest a 10mcg supplement daily. Learn more at foodstandards.gov.scot/Vitamin-D

Vitamin D Email Copy

The following copy is to include in email communications you are sending to your members.

Stay healthy this Winter. Take 10 micrograms of Vitamin D daily.

Did you know that in the winter months (October – March), we are unable to get enough Vitamin D from sunlight? That's why we've partnered with Food Standards Scotland, to give you advice on how to stay healthy during this time.

Food Standards Scotland recommends taking a 10 microgram Vitamin D supplement every day throughout the winter months.

Why is this important?

Vitamin D helps improve bone and muscle health. This is especially important for those most likely to be at risk of Vitamin D deficiency, such as pregnant/ breast feeding mothers.

Support and guidance

You can also find more support and guidance on this subject on the blog.

Visit the Food Standards Scotland blog on our website today.

[foodstandards.gov.scot/Vitamin-D](https://www.foodstandards.gov.scot/Vitamin-D).

Vitamin D Website Copy

The following copy is to include in communications you are sharing with your members on your website.

Take 10 micrograms of Vitamin D daily to stay healthy this Winter.

Did you know that in the winter months (October – March), we are unable to get enough Vitamin D from sunlight?

That's why we've partnered with Food Standards Scotland, who recommends taking a 10 microgram Vitamin D supplement every day during winter months.

Why is this important?

Vitamin D helps improve bone and muscle health. This is especially important for those most likely to be at risk of Vitamin D deficiency, such as pregnant/ breast feeding mothers.

Support and guidance

You can also find more support and guidance on this subject on the blog. Visit the Food Standards Scotland blog on our website today.

[foodstandards.gov.scot/Vitamin-D](https://www.foodstandards.gov.scot/Vitamin-D)