## D&H Drugstore Presents Free Kid's Vitamins



D & H Drugstore is proud to give back to the community. Starting August 17th, 2009 children ages 4 to 12 years old can get Free multiple vitamins at both D & H Drugstore locations. A simple questionnaire must be completed by the parent or guardian and they can pick up a 30-day supply of vitamins for each child in the household every month.

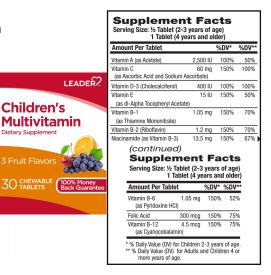
The American Academy of
Pediatrics now suggests 400 units of
Vitamin D per day from infancy to
adolescence. Humans build up
Vitamin D stores from exposure to
sunlight, diet and supplements.
Vitamin D deficiency is common in
children and adults. In children, it can
slow growth and cause skeletal
deformities and Rickets. These
conditions are preventable with
adequate Vitamin D, but dietary
sources are limited and it is difficult to

determine a safe amount of sunlight exposure to synthesize what is needed. With busy schedules and picky eaters it can be difficult for parents to ensure that children are getting the right amount of vitamins and minerals through their meals as well.

D & H wants to help families stay healthy! By starting with our children, we hope to encourage proper nutrition at an early age. Helping kids stay healthy can better prepare them to

battle common illnesses during the school year and decrease absenteeism, doctor's visits and time off work!

So, stop by either D & H location to sign up your children today.
Receive your free vitamins now. Good health REALLY is just around the corner.



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