ALASKA SEAFOOD AND VITAMIN D

Vitamin D deficiency is common in individuals with depression, anxiety, and other mental health disorders.

Low vitamin D levels also place individuals at risk for developing rickets, cardiovascular disease, osteoporosis, and cancer. Many people are unable to get enough vitamin D from the sun, meaning they need a dietary source.

Wild Alaska Seafood is an excellent source of vitamin D, with salmon, halibut, rockfish, and sole, all having high levels of this vital nutrient.

Find out more at www.alaskaseafood.org/health-nutrition and try nutritious recipes at www.wildalaskaseafood.com
Vitamin D

- Ensures muscles, heart, lungs and brain function properly, supports immune function, plays a neuroprotective role, and acts as a hormone.

- One of the most common nutrient gaps.

- Very few foods naturally contain vitamin D.

- Wild Alaska seafood species contain high levels of vitamin D due to their natural life cycles.

- Many Alaska seafood species offer 100% of the Vitamin D daily needs in a single serving.

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