



# THE IMPORTANCE OF VITAMIN D IN THE CARE SECTOR



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## OUR STORY



2013

#### **FOUNDED GET MORE VITAMINS**

**We started Get More Vitamins in 2013** to offer people of all ages a tasty and healthy way to get their daily dose of vitamins.



#### **ALL PRODUCTS ARE BASED ON 5 KEY PRINCIPLES**









#### 2014

#### **FOCUS ON RETAIL**

Began to build a strong retail customer portfolio including



Sainsbury's SPAR (4)



#### 2017

#### LAUNCHED THE UK'S FIRST MULTIVITAMIN CHEWING GUM





2019

#### LAUNCHED OUR 330ML CANS, AND B12 AND FIBRE DRINKS



#### **CREATED GET MORE VITS GERMANY**

We created Get More Vits Germany to give us a hub within central Europe to help us distribute products throughout the world 2018

**REBRANDED TO GET MORE VITS** 



REFORMULATED OUR KIDS DRINKS AND LAUNCHED INTO THE SPORTS HYDRATION MARKET



#### 2021

## EXPANDED OUR PRODUCT PORTFOLIO INTO NON-DRINKS. OUR RANGE NOW INCLUDES VITAMIN SUPPLEMENT TABLETS, EFFERVESCENT TABLETS AND VITAMIN SPRAYS

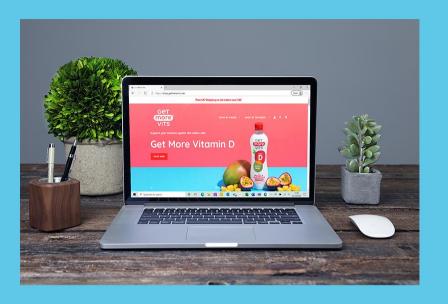






#### 2020

#### **LAUNCHED OUR B2C WEBSITE**







# THE IMPORTANCE OF VITAMIN D

## **NUTRITIONAL BENEFITS / FUNCTIONS**

Ca

Helps your body absorb calcium



Helps keeps your bones strong



Influential in strengthening muscles



Supports your immune system

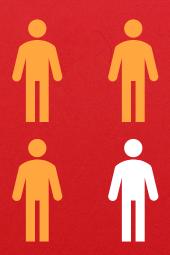


Supports healthy teeth

### VITAMIN D DEFICIENCY LEVELS



27% of people have insufficient or deficient levels of Vitamin D

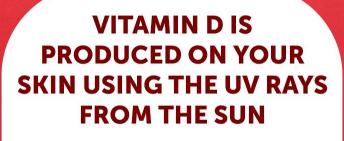


74% of people have levels below the optimum level for wellbeing

## SYMPTOMS OF VITAMIN D DEFICIENCY



## WHY A FOCUS ON VITAMIN D IS IMPORTANT IN CARE HOMES





- Some resident's skin can no longer produce sufficient levels of vitamin D
- Some residents cannot be outside for a long enough period of time to produce enough vitamin D
- Residents that are able to go outside may keep their skin covered to stay warm and not expose their skin to UV rays

## SOURCES OF VITAMIN D

THE SUN





**FOOD** 



## HOW OUR RANGE CAN HELP







## **HOW WE CAN SUPPORT YOU**

Research and knowledge sharing

Share new products

Inform residents and care staff about importance of vitamins

Provide free support