

D&H Drugstore Presents

Free Kids' Vitamins



D & H Drugstore is proud to give back to the community. On August 17th, 2009 we began our Free Kids' Vitamin Program. 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.

**FREE KIDS'
VITAMINS FOR
AGES 4-12 AT
BOTH D&H
LOCATIONS**

D&H Drugstore • email: info@dhdrugstore.com • www.dhdrugstore.com

1001 W. Broadway or 1814 Paris Rd. or call 1-888-831-7158 ext 7 for program details !