



CHUGHTAI LAB
ONE NATION - ONE LAB

ACHING JOINTS AND HURTING KNEES?

Let the sunshine in!
It could only be just
Vitamin D that
you need!



Symptoms:

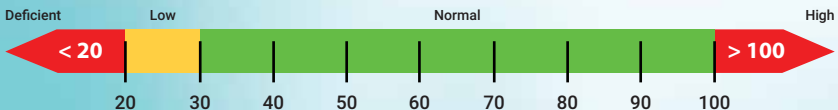
Back or neck pain | Loss of height over time | A stooped posture | Weaker bones
Weaker grip strength | Weak and brittle fingernails | Frequent Fractures



How to increase bone strength?

Weight-bearing exercise | Calcium and Vitamin D rich diets i.e. dairy, fish and nuts
Maintaining the ideal weight | Supplements and multivitamins | Proper sleep
Regular Physiotherapy | Maintaining the right posture

Do you know, where you are on **VITAMIN D** scale?



GET TESTED TODAY AND KNOW YOUR LEVELS.

For free home sample collection, please call or whatsapp