



# HealthClinic2You

Enhancing Employee Health, Productivity, and Retention

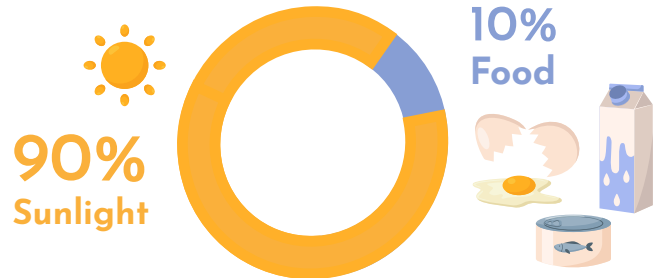
## Vitamin D Blood Testing and Health Guide





# What is Vitamin D?

Vitamin D is a hormone-like nutrient that helps regulate calcium and phosphorus in your body, vital for strong bones and a healthy immune system. It also supports muscle strength, reduces fatigue, and boosts energy levels for optimal physical performance.



Around 90% of your Vitamin D comes from sunlight. The remaining 10% from foods like oily fish, egg yolks, fortified cereals, and dairy products<sup>1,2</sup>

# Vitamin D Clinic

## Why It Matters



- Deficiency impacts bone health, immunity, and energy levels.
- Boosting Vitamin D reduces sick days and improves productivity.

## Proactive Workplace Health

- Promote healthier, happier employees.
- Minimise absenteeism and enhance engagement.



# What are the Benefits



## Employee Benefits

Improved immunity, stronger bones, and higher energy levels.

Personalised health recommendations for long-term well-being.



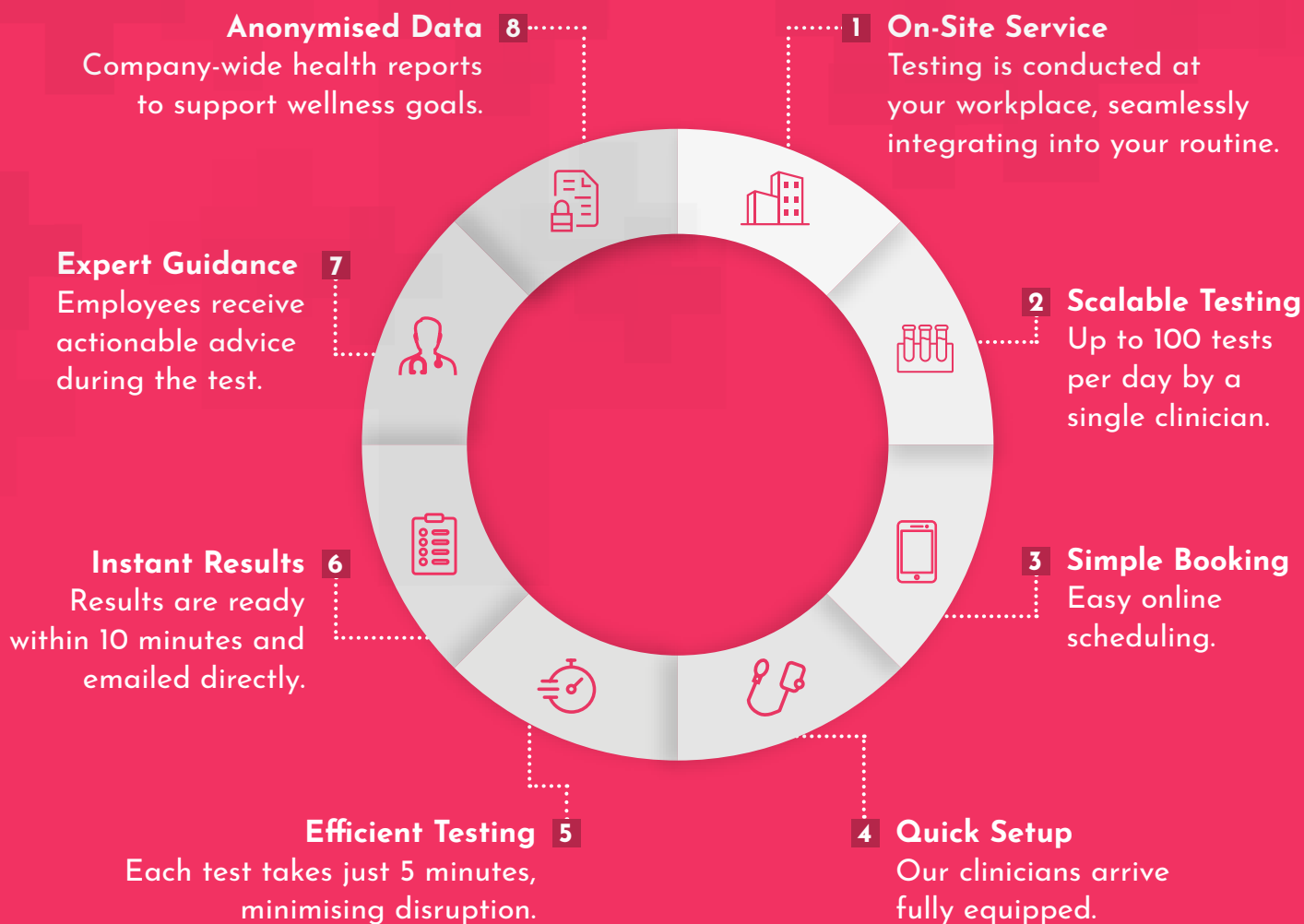
## Employer Benefits

Reduced absenteeism and presenteeism.

Enhanced productivity and team morale.

# Service Overview

## What We Offer





## Why Choose HealthClinic2You?



Fast, reliable results  
with expert guidance.



Hassle-free  
online booking.



Tailored workplace  
solutions.



Affordable, high-quality  
health services.

Invest in employee health. Boost productivity.  
Build a healthier workforce.

Get in touch today

[info@healthclinic2you.com](mailto:info@healthclinic2you.com) | [www.healthclinic2you.com](http://www.healthclinic2you.com)