

# Autumn and winter vitamins

Many of us are probably looking back **yearning** for the long sunny days of the summer of 2018. While many of us will have been able to “tank up” on vitamin D, others will have **avoided** the sun.

**N**ot just vitamin D, but also vitamins such as the B vitamins and, most important of all, vitamin C are essential for our immune system. Some research suggests that vitamin D **deficiency** for example, may play a role in the prevention and treatment of a number of medical conditions, such as diabetes, hypertension, glucose intolerance, and multiple sclerosis.

Female pharmacy customer: Good afternoon. Do you speak English?

**PTA:** Good afternoon, yes I can. How may I help you?

Do you have any kind of vitamin C tablets? A friend of mine was telling me the other day that she starts taking vitamins in September to help her through the autumn and winter. She said she hasn't had a **cold** or the **flu** in years.

We have a few different types of vitamin C, but have you thought about other vitamins? You know such as vitamin D?

Not really. I thought that vitamin D was just for healthy bones and teeth.

Vitamin D is good for bone health, but it has been known for some years now that vitamin D also plays a very important role in our immune system. There seems to be a connection between vitamin D deficiency and **autoimmune illnesses**. In one study that I was reading only last week, it was stated that **susceptibility** for infection is directly connected to the deficiency.

I wasn't aware of that. You said 'vitamins'. Did you mean other vitamins?

**Yes, certainly. Not just vitamins really, but a combination of vi-**

tamins and minerals. Multivitamins are great for your **immune defence**, especially in winter. Zinc, magnesium, calcium, phosphorus, copper and a variety of vitamins, including vitamin D, are right here in this product.

I see. Can't I get vitamins from a healthy diet?

Of course! Multivitamins, or any type of **dietary supplement** should not **replace** a healthy diet, but rather support it. Vitamin C, for example is **destroyed** by heating, and even though it's possible nowadays to get all kinds of fruit and vegetables all year round, they start to lose their goodness a few days after **harvesting**. Local and regional produce are much better.

Are there any local vegetables that you can recommend?

**Cabbage** such as **kale** is a great **source** of a whole variety of vitamins and minerals.

And what is not well-known is that **mushrooms** are a great source of minerals! Mushrooms contain the antioxidant selenium, for example.

Antioxidant?

Antioxidants protect the body's cells from free radicals, which are natural by-products of metabolic processes that can **damage** the cells.

I think I'll stick with the multivitamin tablets there in your hand.

These are actually a combination of vitamins and minerals and you only need to take one a day. And please remember: they should not replace a healthy diet.

Thank you. I'll remember that. ■

*Catherine Croghan,  
Lecturer in English and native speaker*

## VOCABULARY

autumn	Herbst
vitamins	Vitamine
yearning	sich sehnen
avoided	gemieden
deficiency	Mangel
cold	(hier) Erkältung
flu	(ugs.) Influenza, Grippe
autoimmune illnesses	Autoimmunkrankheiten
susceptibility	Anfälligkeit
immune defence	Immunabwehr
dietary supplement	Nahrungsergänzungsmittel
replace	ersetzen
destroyed	zerstört
harvesting	Ernte
cabbage	Kohl
kale	Grünkohl
source	Quelle
mushrooms	Pilze
damage	beschädigen

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