

To whom it may concern,

In regards to a recent article at bakeryinfo.co.uk

([http://www.bakeryinfo.co.uk/news/fullstory.php/aid/14576/SACN\\_consults\\_on\\_Vitamin\\_D\\_intake.html](http://www.bakeryinfo.co.uk/news/fullstory.php/aid/14576/SACN_consults_on_Vitamin_D_intake.html)) I would like to offer some information that would be of use when formulating your recommendations.

I'm an independent investigative author who has followed vitamin D for nearly a decade, triggered by familial experiences. I produced a book in 2012 titled *Prescribing Sunshine: Why vitamin D should be flying off shelves* ([www.prescsun.com](http://www.prescsun.com)) which details my findings and experiences, and has interviews with 3 renowned experts. I would be happy to send a paperback or PDF of my book for your perusal. It is 250 pages.

My book is quite controversial but is supported by evidence and logic, and it presents interesting arguments in favour of higher supplementation that are little-found elsewhere.

Regards,

Mohammed Aziz

PS: A direct link to my book on Amazon with favourable customer reviews in the UK and US:

[http://www.amazon.co.uk/Prescribing-Sunshine-vitamin-should-shelves/dp/1478396075/ref=sr\\_1\\_1?ie=UTF8&qid=1437752880&sr=8-1&keywords=prescribing+sunshine](http://www.amazon.co.uk/Prescribing-Sunshine-vitamin-should-shelves/dp/1478396075/ref=sr_1_1?ie=UTF8&qid=1437752880&sr=8-1&keywords=prescribing+sunshine)