

TANNING CAUSES MELANOMA

HYPE

Recent research indicates that the benefits of moderate exposure to sunlight outweigh the hypothetical risks. Surprisingly, there is no compelling scientific evidence that tanning causes melanoma. Scientists have proven, however, that exposure to all forms of ultraviolet light—both indoors and out—stimulates the natural production of vitamin D. And research has proven that vitamin D protects against heart disease and many types of cancer, in addition to providing other important health benefits.

It's time to rethink sun bathing.

Find out more at
www.SunlightScam.com

A message brought to you by the Indoor Tanning Association