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Contact: Mary Morton
(805) 794-3388
mary@nourishamerica.org

**Nourish America & WELLESSE
Help Nourish Rural Mississippi Community**

(Ojai, CA) - Vitamin D deficiency is reported to surpass 90% in African-Americans. Thanks to a generous donation from [WELLESSE](#) to [Nourish America](#), the citizens of a depressed rural community of Indianola, Mississippi will be receiving 9,722 16 oz. units and 1,048 32 oz. units of Vitamin D3 to bolster their health and well-being. The high quality products will be distributed for free to the participants of the upcoming Vitamin D Education Health Fair produced by the Bell Grove Outreach Ministry this coming Saturday, February 20, 2010. Part of the shipping costs of this donation was contributed by YRC Freight.

"We are so grateful for this wonderful donation from Nourish America and WELLESSE. The majority of our community is made up of low income African Americans and we need help with the massive amount of Vitamin D deficiency here. Vitamin D deficiency leaves us vulnerable to a host of diseases such as rickets in children, muscle problems in older people and brittle bones in seniors. Some researchers even believe that Vitamin D deficiency is the cause of the high rate of colon, prostate and breast cancer in African-Americans," said Bessie Gardner, retired elementary school principal and organizer of the Vitamin D Education Health Fair. "This gift from Nourish America and WELLESSE is a gift of life and we are so excited to be able to not only educate our neighbors about the importance of Vitamin D in their diet but to give them a good, high quality product."

"The National Institutes of Health reports that Vitamin D3 may be three times more effective than other forms of Vitamin D. So we are very grateful that WELLESSE has donated this particular form of Vitamin D to Nourish America. Because of WELLESSE's generosity, hundreds in Indianola, Mississippi will receive this critical nutritional support," said Michael Morton, Executive Director of Nourish America.

About WELLESSE

For more than 20 years, Wellesse (<http://www.wellesse.com>) has developed liquid nutritional supplements that support health and wellness. The line of liquid dietary supplements includes the nation's best-selling liquid glucosamine concentrate, Joint Movement Glucosamine, liquid Vitamin D3 and liquid Calcium with Vitamin D3. For up-to-date information vital to your health, read the Wellesse blog <http://blog.wellesse.com> , follow on Twitter <http://twitter.com/wellesse> or become a fan on Facebook <http://www.wellesseonfacebook.com> . Products are manufactured by Botanical Laboratories, Inc. in Ferndale, Washington.

About Nourish America

Nourish America is an award-winning 501(c)3 organization that provides nutritional supplements and nourishing foods (including naturals and organics) to those in need in America. Daily, 30,000 children in need, 34,000 low income seniors and 12,000 National Guard men and women throughout America receive nutrition through Nourish America programs. Nourish America also provides nutritional support to victims and emergency workers during domestic disasters.

It costs only ten cents a day to provide nourishment to someone in need through Nourish America. For three years in a row, Nourish America has received high ratings for its fiscal management from Charity Navigator, the nation's leading charity watchdog organization. Independent audits of Nourish America's finances show that over 96% of all donations go directly to programs and those served. Donations can be made online at www.nourishamerica.org . Get the latest news by being Nourish America's friend on [Facebook](#). Come follow Nourish America on [Twitter](#).

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