## News Story: Vitamin D
Adjust time codes as needed

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<tr>
<th>Timing</th>
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| 00 – 00:12 | A-Roll – Anchor/Host aboard a Water Taxi in Fort Lauderdale's intercoastal heading toward Shooters. Two other crew members are with him/her wearing sleeveless top(s) and short sleeves. | Anchor/Host

... I'm [anchor's name] and I'm with fellow crew members [crew member name] and [crew member name] and we're aboard a Fort Lauderdale Water Taxi on our way to Shooters Waterfront.

In this segment, we'll be talking about Vitamin D, a vitamin that can be produced in the body with sunlight. We'll talk more about that... and we'll also talk to a chef at Shooters Waterfront which is a Water Taxi stop. Earlier, we parked our vehicle in the lot at the Riverside Hotel on Las Olas and boarded the Water Taxi there. |
| 0:12 – 0:20 | B-Roll – Crew members aboard the Water Taxi in their sleeveless tops and short sleeves as well as video clips of vacationers in similar attire. | VO – In healthy people, short sleeves and skin exposure for a minimum of ten minutes a day in South Florida generate Vitamin D from the sun. While it is impossible for people in the mid and high latitudes to generate Vitamin D in winter months, Fort Lauderdale, at a 26° degree latitude is a perfect location for obtaining ultraviolet radiation, or photons, necessary to kickstart Vitamin D production in the body. |
| 0:20 – 0:38 | B-Roll – Photos of famous people wearing sleeveless or short sleeves in Florida. Examples:
- Jackie Kennedy wearing a yellow Lily Pulitzer (2 inch gingham check) in a Life Magazine photo.
- Omar Miller, CSI: Miami, episode: “Bone Voyage,” see: IMDB.com
- Jack Kennedy, white polo shirt, see: “JFK Sailing” https://www.pinterest.com/shorelinesail/jfk-sailing/?lp=true
- Jackie Gleason and Arnold Palmer, 1960, see: https://www.pinterest.com/pin/104638391313659039/?lp=true
- Serena Williams, Key Biscayne, Florida, Alamy Stock Photo, see: KEY BISCAYNE, FL - MARCH 26: Serena Williams at the Miami Open Day 6 at Crandon Park Tennis Center on March 26, 2016 in Key Biscayne, Florida | VO – Cholesterol, that’s been given a bad rap, actually plays an important role in Vitamin D production—but the sun’s rays need to penetrate the skin which means short sleeves. Four Ultraviolet B photons combine with one molecule of cholesterol in the skin to make Vitamin D3, or cholecalciferol. However, Vitamin D3 is not a biologically active hormone. It is a pre-hormone. It needs to be converted to 25 hydroxy Vitamin D3 in the liver and finally converted to biologically active 1,25 dihydroxy Vitamin D3 in the kidneys. |
| 0:38 – 0:48 | B-Roll – Video clips, young boys and girls playing in physical activities, e.g. baseball, gymnastics, etc. Source: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3086761/ | VO – We need Vitamin D to absorb calcium and build strong bones. Over the last 10 years, the latest medical science indicates Vitamin D deficiency is associated with an increased incidence of cancer, autoimmune diseases such as multiple sclerosis and rheumatoid arthritis, inflammatory bowel disease, and Type I diabetes. It is also associated with hypertension, chronic pain, obesity, influenza, tuberculosis, heart disease, and accelerated aging.

Little or no UV light exposure due to seasonal winter weather in mid to high latitudes, and sun avoidance are considered to be traditional risk factors for Vitamin D deficiency. Genetic studies have also identified a Vitamin D variant that plays a role in Vitamin D deficiency.

A July 2010 paper published in *The Lancet* and led by Thomas J. Wang, M.D., Physician-in-Chief, at Tennessee's Vanderbilt Heart and Vascular Institute, reported the results of a large, multicenter, genome-wide association study involving approximately 30,000 subjects from 15 cohorts in Europe, Canada, and the United States. Researchers identified common genetic variants influencing vitamin D levels and the risk of vitamin D insufficiency in white persons of European descent. The researchers concluded that genetic variation substantially elevated the risk of vitamin D insufficiency and recommended the study of genetic variants in other racial groups. |
| 0:48 – 0:58 | A-Roll – Anchor/Host and other crew members have disembarked at Shooters and they are greeted by the company's chef. | Anchor/Host

… [shakes hands with the company chef, to TV audience] I'd like our viewers to meet [chef's name].

… We're here at Shooters Waterfront that has very beautiful outdoor dining. We will talk about Vitamin D and [chef's name] has a recipe to show our viewers. |
| 0:58 – 1:06 | A-Roll, Anchor/Host in studio and other crew members with the Shooter's chef. Note: Table for 4, direct sun, umbrella table or Shooter's wicker canopy. Chef has brought a laptop computer and a bottle of Garden of Life Lemon Flavored Cod Liver Oil. | Anchor/Host – [to TV audience and chef] We've covered some background information about Vitamin D in the introduction to this segment which you [chef] have seen. What can you tell us?

Chef [with his notebook computer open] – First, I'd like to mention that when you said Fort Lauderdale is at the 26th degree latitude, I used Google Maps to find the GPS location of this restaurant.

Anchor/Host – Can you show us? Chef – On your notebook computer, you load Google Maps in your Web browser. Next, type in, or paste an address. In this case, Shooters is located at 3033 NE 32nd Ave, Fort Lauderdale, FL. Google Maps will respond when you hit the Enter Key on your keyboard. A map will be displayed and you'll see a location marker. I can access a satellite version of the map with a click on a large square button in the lower left that is labeled “satellite” and a click on the location...
marker will display the GPS coordinates in a small window at the bottom of the screen. There are three different GPS coordinate formats and the one Google displays is degrees and decimal minutes, or DMM.

Anchor/Host – The equator is zero degrees and we're at the 26th latitude.

Michael F. Holick, M.D., a well-known author, professor of medicine and biophysics, has done a very good job of explaining Earth's 4 main climate regions in his book *The UV Advantage*.

- **Tropics** are zero degrees to latitude 23
- **Subtropics** are 23 to 35
- **Mid latitudes** are 35 to 50
- **High latitudes** are 50 to 70

Chef – We're in an ideal location for Vitamin D production in the skin. People in the mid to high latitudes are not as lucky as we are—especially in winter.

Anchor/Host – For the last 50 years, there have been strong recommendations to avoid sun exposure and increase the use of sun block lotions to prevent skin cancer and damage to the skin.

Chef – During that time period, there has been a dramatic increase in the incidence of every form of chronic illness from cancer to autoimmune diseases. Medical doctors sometimes prescribe Vitamin D for patients that exhibit a deficiency. Not all Vitamin D is the same. Some Vitamin D is synthetic. Natural Vitamin D3 is cholecalciferol, and a synthetic version, called Vitamin D2 is ergocalciferol. Very few foods naturally contain Vitamin D3. Examples include wild caught salmon, and cod liver oil.

Anchor/Host – I know there are foods with labels that say “fortified with Vitamin D.” That must be Vitamin D2.

Chef – Vitamin D2 is added to some dairy products, orange juice, soy milk, and cereals. Researchers at the University of Surrey in the UK, and Acadia University in Wolfville, Canada have concluded that Vitamin D2 is not as effective as Vitamin D3 and that D2 should not be used as a substitute.

Anchor/Host – You're going to show us a recipe that includes a pleasant tasting cod liver oil that vacationers will need when they return to the mid and high latitudes.

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<th>1:06 – 6:24</th>
<th>A-Roll, Anchor/Host and chef move to a prep table located outside or indoors.</th>
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<tbody>
<tr>
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<td>Ingredients/equipment (to prepare 4 small</td>
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<tr>
<td></td>
<td>Anchor/Host – Tell us about the recipe and the ingredients.</td>
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<tr>
<td></td>
<td>Chef – We're going to make a dandelion green salad with goat cheese drizzled with lemon flavored cod liver oil from</td>
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**salads:**
- washed dandelion greens (in a bowl of spring water with 6 tablespoons of apple cider vinegar)
- 10 oz package of organic goat cheese (2 oz. per person)
- Garden of Life Lemon Flavored Cod Liver Oil
- Salad bowls

A company called Garden of Life. Jordan Rubin, the founder, was diagnosed with Crohn's Disease when he was a young adult and his weight dropped to 114 pounds. He recovered and formed one of the most successful natural foods companies.

...we'll use dandelion greens that are high in iron, calcium, Vitamins A, C, K and B2. They contain folate that is needed in the Vitamin B12 metabolism. These greens (already washed) have been washed in a bowl of spring water with 6 tablespoons of apple cider vinegar.

Vitamin K is a very important nutrient in the dandelion greens. It's critical for blood coagulation and the binding of calcium in bones and other tissues. Rhubarb is also rich in Vitamin K. Martha Stewart has a recipe for Rhubarb Chutney on her Web site.

... Goat cheese, is a dairy food that is high in calcium and a very efficient, 76% usable protein.

...and, with the addition of a teaspoon of lemon flavored cod liver oil drizzled on top, we have a nutrient-dense salad to eat with any meal.

| 6:24 – 6:28 | Roll, Anchor/Host in studio and other crew members with the Shooter's chef. |
| Note: Table for 4, direct sun, umbrella table or Shooter's wicker canopy. |
| Seated, getting ready to taste the salad. |

| Anchor/Host – |
| … This is a a really great part of the program—when we get to taste the recipe! |
| Thank you! |

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