

# SUNBED

## FACT + FICTION

**Q Exposure to UV light whether with sun beds or sunshine is unhealthy?**

**A Fiction**  
Regular, moderate exposure is necessary for good health. UV light is the most important source of Vitamin D for people in the UK. Medical studies around the world have proven the health benefits of this vitamin.

**Q Sunbeds produce Vitamin D (The Sunshine Vitamin) in the human body?**

**A Fact**  
Sunbeds are designed to produce a similar effect to natural sunlight which is responsible for approximately 90% of our Vitamin D.

**Q Sunbeds are 16 times more powerful than the sun?**

**A Fiction**  
Current EU Law limits the UV output of sunbeds produced after July 2007 to that of the Mid-day sun in Summer in the Mediterranean

**Q Young people under the age of 15 should avoid exposure to high intensity sunlight or sun beds as they are at more risk of developing a melanoma in later life?**

**A Fact**  
Exposure to high levels of UV light for the under 15s can result in an increased risk factor of 3.

You can obtain further information by visiting our website [www.indigosun.co.uk](http://www.indigosun.co.uk)

People with fair skin or moles should avoid UV exposure due to increased risk factors. Always wear the free eye protection provided. Customers must be aged 18 or over. Avoid overexposure.



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