

# VITAMIN D3

Our new supplement provides ultra-high quality vitamin D in the preferred D3 (cholecalciferol) form. Sunrider® Vitamin D3 is fortified with antioxidant powerhouse vitamin E, plus safflower oil, which is rich in protective polyphenols and healthy fatty acids that enhance vitamin D absorption. Benefits include aiding calcium absorption for strong bones and teeth and supporting the healthy function of the immune and nervous systems.\*

## BENEFITS

- Supports strong bones and teeth\*
- Supports calcium absorption\*
- Helps maintain healthy levels of phosphorus\*
- Supports healthy immune and nervous system function\*
- May help improve mood\*
- Replicates the benefits of vitamin D3 derived from sunshine





## FAQs

#### Q: What is vitamin D3?

A: Also known as cholecalciferol, vitamin D3 is a fat-soluble vitamin that supports bone health, immune function, cell growth, and more.\* Your body can produce it on its own through the skin cells in response to sun exposure. It can also be obtained through certain food sources and supplements. Sunrider<sup>®</sup> Vitamin D3 is a way to replicate the vitamin D benefits of sunshine, without exposing your skin to UV rays.

### Q: Who needs vitamin D supplements?

A: Vitamin D deficiency is a global health problem. An estimated 1 billion people suffer from serious vitamin D deficiency, while up to half of the global population doesn't have adequate levels of vitamin D. Limited exposure to sunshine, sunscreen use, malabsorption, dietary habits, and a busy lifestyle can all contribute to inadequate vitamin D levels.

## **HOW TO USE**

Take one capsule at breakfast.

INGREDIENT HIGHLIGHTS

## SAFFLOWER OIL

This plant oil is a rich source of unsaturated fatty acids, including monounsaturated and polyunsaturated fats. These fatty acids help the body absorb fat-soluble vitamins such as vitamin D.\* Safflower oil is also rich in antioxidant polyphenols.

### VITAMIN E

Also called alpha-tocopherol, vitamin E is a potent antioxidant that protects against potentially damaging free radicals and supports a healthy immune system.\*

### FRACTIONATED COCONUT OIL

This natural substance contains medium-chain triglycerides (MCTs), which can be used as an instant energy source or turned into ketones, which provide an alternative energy source for the brain.\*

<b>Supplement Facts</b> Serving Size 1 Soft Gel Capsule Servings Per Container 90	
	Amount Per % Daily Serving Value
Calories	2
Vitamin D 25	mcg (1000 IU) 125%*
Ingredients: Fractionated Coconut Oil and Safflower Oil, Vitamin E, and Cholecalciferol.	
<ul> <li>Percent Daily Values are based on a 2,000 calorie diet.</li> </ul>	

**Other ingredients:** Gelatin, Glycerin, and Water.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## **NOURISH + CLEANSE = BALANCE**

Sunrider<sup>®</sup> products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration<sup>®</sup>. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.