



NATURE'S SUNSHINE

# Vitamin D3

Non-GMO

GOOD FOR

Musculoskeletal System

Immune System

Cardiovascular system

SIZE **60 tablets**

ITEM # **1155**

SERVING **2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 2 tablets daily with a meal.

## — How the Key Ingredients Work

This formula pairs Vitamin D3 — the same form your skin makes from sunlight — with calcium to give your body two of its most essential building blocks. Together they work hand in hand, helping your body absorb and use what it needs to feel its best every day.

**Vitamin D3 (Cholecalciferol)** — Often called the "sunshine vitamin," D3 is the natural form your skin produces when you step outside. It plays a role in so many areas of wellness — from helping your body absorb calcium properly to supporting a balanced immune response. Research shows it may also help support healthy testosterone levels in men and contribute to normal arterial function.

**Vitamin D3 & Skin Clarity** — Studies looking at vitamin D3 at 1,000 IU daily found it was associated with improvements in inflammatory skin blemishes, particularly in people who were low in vitamin D to begin with. It appears to help calm the skin's immune response and may support a healthier complexion from the inside out.

**Vitamin D3 & Respiratory Wellness** — If seasonal sniffles and stuffy noses are a regular part of your life, vitamin D3 may offer some welcome support. Research including meta-analyses suggests that supplementing with D3 can help balance the immune signals involved in respiratory allergies, potentially easing nasal discomfort and helping you breathe a little easier.

**Vitamin D3 & Men's Hormonal Health** — Vitamin D3 receptors are found in the cells of the testes, and a placebo-controlled clinical trial showed that men who supplemented with D3 for one year saw meaningful increases in both total and free testosterone compared to those taking a placebo. It's a natural way to support healthy hormonal balance as men age.

**Vitamin D3 & Arterial Health** — Your blood vessels need support too. Vitamin D3 has been studied for its role in keeping the vascular system healthy — helping to support normal endothelial function and reduce inflammation in the vessel walls. A 2022 review of 22 clinical trials included cholecalciferol among the supplements associated with these benefits.

**Calcium** — Calcium is the most abundant mineral in the human body, and over 99% of it lives in your bones and teeth. It's the literal building material your skeleton is made of. Beyond bones, calcium also plays a key role in muscle contractions, nerve signaling, and keeping your heart beating in a steady, healthy rhythm every single day.

**Calcium & Bone Density** — When it comes to keeping bones strong and dense, calcium is the cornerstone. Multiple clinical trials and meta-analyses confirm that calcium supplementation supports bone mineral density — especially in people under 35 who are still building their peak bone mass. Paired with vitamin D3, its effectiveness is significantly enhanced.

**Calcium & Children's Growing Bones** — Kids and teenagers need calcium more than almost any other age group. The NIH recommends up to 1,300 mg per day for adolescents because their bones are growing fast. Calcium is the primary mineral in both bone and teeth, and getting enough during childhood sets the foundation for a strong, healthy skeleton for life.

 (888) 510-7196  [service@caringsunshine.com](mailto:service@caringsunshine.com)

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