



NATURE'S SUNSHINE

Vitamin D3

Non-GMO

GOOD FOR

Musculoskeletal System

Immune System

Cardiovascular system

SIZE **180 tablets**

ITEM # **21910**

SERVING **2**

SUPPLY **90 days**

DIRECTIONS FOR USE Take 2 tablets daily with a meal.

— How the Key Ingredients Work

This formula brings together Vitamin D3 — the same form your skin makes from sunlight — alongside calcium, two nutrients your body relies on every single day. Together they work as a team, helping your bones stay strong, your immune system stay balanced, and so much more.

Vitamin D3 (Cholecalciferol) — Often called the "sunshine vitamin," D3 is the natural form your skin produces when you step outside on a sunny day. It helps your body absorb calcium properly, supports a healthy immune response, and plays a role in keeping your muscles working the way they should — making it one of the most important nutrients for overall daily wellness.

Vitamin D3 & Bone Health — One of D3's most well-known jobs is helping calcium find its way into your bones. Without enough D3, even a calcium-rich diet can fall short when it comes to keeping bones dense and strong. Together, D3 and calcium form the foundation of a solid skeletal support routine, especially as we get older.

Vitamin D3 & Immune Balance — Your immune system depends on D3 to stay well-regulated. Research shows it helps keep the immune response balanced — not too sluggish, not overactive. This is especially relevant for people who deal with seasonal respiratory allergies, as studies suggest D3 may help ease nasal symptoms when used alongside standard care.

Vitamin D3 & Skin Wellness — D3 has been studied for its role in supporting clearer skin. In people who were low in vitamin D, a daily dose was associated with fewer inflammatory blemishes. It appears to help manage oil production in the skin and support the body's natural defenses against the bacteria linked to breakouts.

Vitamin D3 & Men's Hormonal Health — D3 isn't just for bones — it also supports healthy hormone levels in men. Receptors for vitamin D are found in the cells that produce testosterone, and a well-designed clinical study found that men who supplemented with D3 for a year saw meaningful improvements in both total and free testosterone compared to those who didn't.

Vitamin D3 & Arterial Wellness — Keeping your blood vessels healthy is a whole-body effort, and D3 plays a supporting role. Research points to its ability to help maintain healthy blood vessel function and support the body's natural systems that regulate circulation. A review of multiple clinical trials highlighted D3 specifically as a beneficial form for vascular support.

Calcium — Calcium is the most abundant mineral in your body, and the vast majority of it lives in your bones and teeth. Every day your body uses calcium not just to maintain bone structure but also to help muscles contract, nerves send signals, and your heart keep its steady rhythm. Getting enough calcium consistently is one of the simplest things you can do for long-term health.

Calcium & Bone Density — Decades of research confirm that calcium is the cornerstone mineral for bone density. Studies show it significantly supports bone mineral density, particularly in younger people who are still building their peak bone mass. When paired with Vitamin D3, the combination is even more effective — D3 helps the body actually absorb and use the calcium you take in.

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