



NATURE'S SUNSHINE

Vitamin A & D

GOOD FOR

Immune System

Musculoskeletal System

Nervous System

SIZE **100 Capsules**ITEM # **4065**SERVING **1**SUPPLY **100 days**

DIRECTIONS FOR USE Take 1 softgel daily with a meal.

— How the Key Ingredients Work

Vitamin A & D brings together two of the body's most essential fat-soluble nutrients — plus the bright, clean taste of lemon — to support your eyes, bones, immune system, and so much more. Together they work as a team, covering more ground than either could alone.

Vitamin A (Retinol) — Think of vitamin A as your body's all-purpose maintenance crew. It helps keep your vision sharp — especially in low light — supports the health of your skin and the linings inside your body, and plays a key role in helping your immune system stay ready to do its job every day.

Vitamin A & Skin Clarity — Vitamin A has been studied for decades in connection with clear, healthy skin. It helps regulate how skin cells grow and renew themselves, which is why it's long been a go-to nutrient for people looking to support a smoother, more balanced complexion from the inside out.

Vitamin A & Healthy Blood — Vitamin A does more for your blood than most people realize. It helps your body move iron out of storage in the liver and spleen so it can be used to make healthy red blood cells. When vitamin A and iron work together, the results for healthy blood are stronger than iron alone.

Vitamin A & Antioxidant Protection — Because vitamin A is fat-soluble, it works right inside your cell membranes — one of the places your body most needs protection from everyday oxidative wear and tear. It helps guard the fatty parts of your cells from damage, supporting long-term cellular health throughout the body.

Vitamin A & Bone Support — Vitamin A contributes to a healthy bone-maintenance balance. Research including a large US adult study found that people with higher vitamin A intake had lower odds of osteoporosis. Getting the right amount — not too little, not too much — is the key to keeping bones happy.

Vitamin D (Calciferol) — Often called the sunshine vitamin, vitamin D is actually more like a hormone your body makes when sunlight hits your skin. It's involved in hundreds of processes — from helping your body absorb calcium for strong bones to keeping your immune system balanced and your mood on an even keel.

Vitamin D & Bone & Muscle Health — Vitamin D is best known for helping your body absorb and use calcium properly, which is essential for keeping bones dense and strong throughout life. It also supports muscle function, which matters for everyday movement, balance, and staying active as you age.

Vitamin D & Immune Balance — Vitamin D plays a quiet but important role in keeping your immune system working the way it should — not overreacting, not underreacting. Research shows it helps regulate the immune response, which is why maintaining healthy vitamin D levels is considered a cornerstone of everyday wellness.

Vitamin D & Skin Wellness — Studies show that people with skin concerns like acne tend to have lower vitamin D levels than those without. Vitamin D has been found to support healthy sebum balance and help keep certain skin-disrupting factors in check, making it a valuable nutrient for those focused on clear, calm skin.

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