

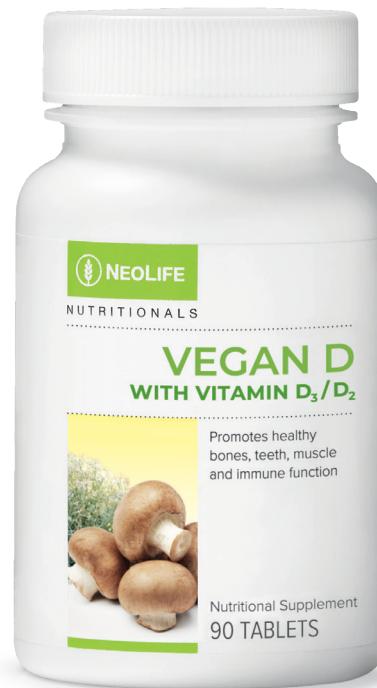
Vitamin D, a fat-soluble vitamin, is known as the “sunshine” vitamin because we can make it in the body when ultraviolet B (UVB) rays from sunlight hit the skin. Vitamin D exerts its effects by binding to a protein called the vitamin D receptor. This receptor is present in nearly every cell of the body and affects many different body processes. We also get vitamin D directly from foods, but it is generally difficult to obtain adequate levels from foods alone. Foods with good levels of vitamin D include oily fish (salmon, tuna, mackerel), beef liver, cheese, egg yolks and mushrooms. We typically obtain only about 10% to 20% of our vitamin D from foods. The other 80% to 90% may be produced in the body following exposure to sunlight.

Our life stage, skin pigmentation, life situation and sun exposure have an enormous influence on the levels of vitamin D (or vitamin D status) that we achieve. With today's typically indoor lifestyles and use of sunscreens, inadequacies and deficiencies of vitamin D are extremely common.

Vitamin D plays several roles in our body by contributing to the **absorption of calcium and phosphorous** and playing a role in the development and maintenance of **strong bones and teeth**. It also contributes to normal function of the **immune system** as well as **muscle function and cell division**.

Maintaining an adequate level of vitamin D through life is recommended by major Nutrition Societies and Public Health authorities around the world.¹

That is why NeoLife's Scientific Advisory Board formulated NeoLife Vegan D, a proprietary blend of naturally-sourced and whole-food based vitamin D ingredients to help supplement the diet.



#2520, 90 tablets

Why a Vitamin D Supplement?

- Today's indoor living lifestyles and use of sunscreens threaten our vitamin D body stores, and a large percentage of people around the world of all ages are low in vitamin D.
- We typically only get about 10% to 20% of our vitamin D from the diet as vitamin D is not widely distributed in foods.
- Getting enough vitamin D all year round is vital to our optimal wellness and vitality as this vitamin is needed by several body systems and organs.
- Both vitamin D₂ (ergocalciferol) and vitamin D₃ (cholecalciferol) are known to be effective.

Vitamin D Contributes to Normal:

- Function of the immune system
- Blood calcium levels. Also helps in the **absorption and use of calcium and phosphorous**. Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis
- Development and maintenance of **strong bones and teeth**
- **Muscle function**
- **Cell division**

*This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. Some products may not be available in every market.

Why NeoLife Vegan D?

- Vegan D is a proprietary blend of naturally sourced and whole-food based vitamin D ingredients to ensure high potency and bioavailability.
- It combines vitamin D₃ and vitamin D₂ (cholecalciferol/ergocalciferol).
- It contains:
 1. Vitamin D₃ from lichen (*Cladonia rangiferina*), known as Reindeer Lichen, which is actually a combination of an algae and a fungus. This natural lichen D₃ ingredient is:
 - Sustainably sourced using gentle extraction techniques
 - Traditionally consumed by people in the Arctic countries
 2. Vitamin D₂ from yeast and superior quality mushrooms (*Agaricus bisporus*):
 - These mushrooms also provide an array of whole-food nutrients including beta glucans
 - 100% Vegan

References:

1. Sassi F, Tamone C, D'Amelio P. Vitamin D: Nutrient, Hormone, and Immunomodulator. *Nutrients*. 2018;10(11):1656. doi:10.3390/nu10111656

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