



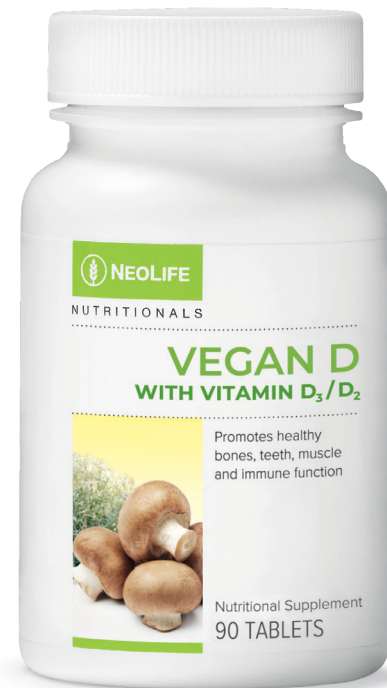
Vitamin D, a fat-soluble vitamin, is known as the “sunshine” vitamin because we can make it in the body when ultraviolet B (UVB) rays from sunlight hit the skin. Vitamin D exerts its effects by binding to a protein called the vitamin D receptor. This receptor is present in nearly every cell of the body 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.



NeoLife Scientific
Advisory Board

#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**

Some products may not be available in every market.

*This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

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

*This statement has not been evaluated by the National Agency for Food and Drug Administration and Control (NAFDAC). This product is not intended to diagnose, treat, cure or prevent any disease.

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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