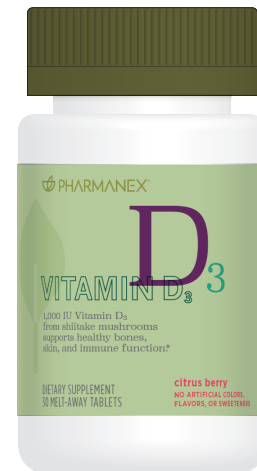


PHARMANEX® VITAMIN D₃



MEET PHARMANEX VITAMIN D₃

Need a few more rays of vitamin D in your diet? Now you can get a complete daily dose of this important nutrient in a single delicious, meltaway tablet. Made from a unique source of vitamin D found in shiitake mushrooms, Pharmanex Vitamin D₃ is great for vegetarians and omnivores alike. And, featuring a craveable citrus berry flavor, it's made without any artificial colors, flavors, or sweeteners—just good-for-your-body natural ingredients. Add Pharmanex Vitamin D₃ to your diet today and give your bones, skin, and immune system the nutritional support you need to be your best.

WHY YOU'LL LOVE IT

- Supports healthy bones, skin, and immune function*
- Features a unique plant source of vitamin D₃ from shiitake mushrooms.
- Provides 25 mcg (1000 IU) of vitamin D₃ per serving.
- An easy-to-take, delicious meltaway tablet—no water needed.
- Features an enjoyable citrus berry flavor that is the perfect mix of sweet and tart as it dissolves in your mouth.
- Suitable for vegetarians.
- Zero artificial colors, flavors, or sweeteners.
- Features a bottle proudly made from 100% post-consumer resin (PCR).

WHAT POWERS IT

- **Plant-Based Vitamin D₃**—we harvest this unique source of vitamin D from shiitake mushrooms.

HOW TO USE IT

Enjoy one meltaway tablet each day.

TRY THESE WITH IT

- LifePak® Elements
- LifePak®
- LifePak® Nano
- ageLOC® Youth
- Additional Pharmanex Solutions

LEARN MORE ABOUT IT

Can I take Pharmanex Vitamin D₃ with other Pharmanex products that contain this vitamin?

Yes, you can take Pharmanex Vitamin D₃ with other products containing vitamin D₃, like LifePak Elements, LifePak, or ageLOC Youth. However, please note that the daily upper limit for vitamin D₃ is 100 mcg (4,000 IU) for adults. We do not recommend exceeding this amount of vitamin D₃ in your daily supplement regimen.

Does using sunscreen reduce the body's ability to naturally create vitamin D?

Using sunscreen is an important part of keeping skin safe and healthy. But, theoretically, the use of sunscreen does reduce the body's ability to naturally create vitamin D. However, research on this subject is mixed, and the likely effects in real life depend on how much and how often sunscreens are applied.

Should I take this product with food?

You can take Pharmanex Vitamin D₃ with or without food, but for best results, we recommend taking it with at least some food to optimize absorption.

PHARMANEX® VITAMIN D₃

How long do I need to take this product to achieve results?
You should take Pharmanex Vitamin D₃ daily to support healthy bones, skin, and immune function*

Is Pharmanex Vitamin D₃ safe for children?

Pharmanex Vitamin D₃ was formulated specifically for adults, but it is safe for children to take as well, as long as they do not exceed the daily upper limit across all supplements they are taking. The daily upper limit for vitamin D₃ for ages 4–8 is 75 mcg (3,000 IU) and for ages 9+ is 100 mcg (4,000 IU).

How does Pharmanex Vitamin D₃ support Nu Skin's commitment to become more sustainable?

The Pharmanex Vitamin D₃ bottle is made from 100% post-consumer resin (PCR). Please check your local capabilities and recycle the bottle where possible. By purchasing Pharmanex Vitamin D₃, you're joining us in taking an active, engaged stride to ensure the future is bright for both the planet and each of us. Visit www.nuskin.com/sustainability for more information and details on how to recycle.

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SCIENCE THAT PROVES IT

1. Bischoff-Ferrari HA, Willett WC, Wong JB, Giovannucci E, Dietrich T, Dawson-Hughes B. Fracture prevention with vitamin D supplementation: a meta-analysis of randomized controlled trials. *JAMA*. 2005;293(18):2257-2264. doi:10.1001/jama.293.18.2257
2. Shahriari M, Kerr PE, Slade K, Grant-Kels JE. Vitamin D and the skin. *Clin Dermatol*. 2010;28(6):663-668. doi:10.1016/j.clindermatol.2010.03.030
3. Sahni S, Mangano KM, Kiel DP, Tucker KL, Hannan MT. Dairy Intake Is Protective against Bone Loss in Older Vitamin D Supplement Users: The Framingham Study. *J Nutr*. 2017;147(4):645-652. doi:10.3945/jn.116.240390
4. Barker T, Martins TB, Hill HR, et al. Different doses of supplemental vitamin D maintain interleukin-5 without altering skeletal muscle strength: a randomized, double-blind, placebo-controlled study in vitamin D sufficient adults. *Nutr Metab (Lond)*. 2012;9(1):16. Published 2012 Mar 9. doi:10.1186/1743-7075-9-16
5. Aranow C. Vitamin D and the immune system. *J Investig Med*. 2011;59(6):881-886. doi:10.2310/JIM.0b013e31821b8755

WHAT'S IN IT

Supplement Facts

Serving Size: 1 tablet

Servings Per Container: 30

Amount per serving		% DV
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1000 IU)	125%

OTHER INGREDIENTS: Xylitol, Rice Starch, Citric Acid, Natural Flavors (Blackberry, Lemonade), Microcrystalline Cellulose, Stevia Glycosides (from *Stevia Rebaudiana* leaf extract), Dicalcium Phosphate, Magnesium Stearate.

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

