

## KNOW MORE ABOUT VITAMIN D!

Vitamin D is a fat-soluble vitamin that adults should **consume 15 to 20mcg every day** to stay healthy. Do you understand how important vitamin D is? It might be more essential than you think!



Stimulates intestinal calcium and phosphorus absorption thus help promote bone and teeth health



Maintains healthy respiratory system



Maintains immune health



Regulates neuromuscular function

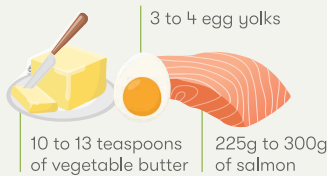
## SOURCE OF VITAMIN D

### SUN EXPOSURE



Vitamin D can be produced by our bodies when exposed to UVB that presents in sunlight. However, when **UVB is blocked by sunscreen or glass windows, our bodies may not be able to produce sufficient Vitamin D** to meet our daily needs!

### FOOD SOURCE



10 to 13 teaspoons of vegetable butter

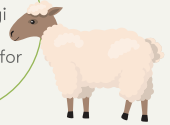
3 to 4 egg yolks

225g to 300g of salmon

Fat-soluble vitamin D is **mostly found in fatty foods**. The below examples of foods provide us the sufficient amount of Vitamin D we need every day.

### NUTRITIONAL SUPPLEMENTS

Only those extracted from lichens, fungi and algae are suitable for vegetarians.



Many Vitamin D supplements sold on the market are extracted from **lanolin, and are not vegetarian-friendly**.

# Super Vitamin D



With our proprietary formula, Young Living's plant-based Super Vitamin D is highly absorbable, vegan friendly, and completely synthetic free. Containing 25mcg of Vitamin D in each serving, the proprietary dissolving tablet, with delicious mixed berry-flavor, is easy to take on the go. Super Vitamin D is a super source of vitamin D that helps support holistic wellness.

- ✓ Supports calcium balance and bone growth
- ✓ Plays a key function in respiratory health
- ✓ Helps boost healthy immune systems
- ✓ Vitamin D and lemon balm support mood



## KEY INGREDIENTS:

**Vitamin D** — derived from lichen that is sustainably grown and harvested in the United States



**Organic lemon balm extract** sustainably sourced from the fields of Spain



**Lime peel oil** that is 100% pure and sourced from our Finca Victoria Partner Farm in Ciudad Victoria, Mexico



**Melissa plant oil**, a sought-after oil from France that is distilled from the Melissa plant

## DIRECTION

Take 1 tablet daily with food. Place in mouth and allow to dissolve for 5–10 seconds, then chew for optimal results.