



Vitamin D, a fat-soluble vitamin, is known as the 'sunshine' vitamin because it is produced in the body when ultraviolet B (UVB) rays from sunlight hit the skin. Vitamin D works 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 bodily processes. We also get vitamin D directly from foods, but it is generally difficult to obtain adequate levels from foods alone. Foods with high levels of vitamin D include oily fish (salmon, tuna, mackerel), beef liver, cheese, egg yolks and mushrooms. We typically obtain only 10 to 20% of our vitamin D from foods. The other 80 to 90% is produced in the body through exposure to sunlight. Our life stage, skin pigmentation, life situation and sun exposure have an enormous influence on our levels of vitamin D (or vitamin D status). With today's typically indoor lifestyles and use of sunscreen, deficiencies of vitamin D are extremely common. Vitamin D plays several roles in our body; it contributes to the maintenance of normal bones and muscle function and contribute to the normal function of the immune system. Maintaining an adequate level of vitamin D through life is recommended by major nutrition societies and public health authorities around the world.<sup>1</sup> That is why Neolife's Scientific Advisory Board formulated Neolife Vegan D, a proprietary blend of naturally sourced and wholefood-based ingredients high in vitamin D to help supplement a normal diet.

1. van Schoor N, Lips P. Chapter 59 - Worldwide Vitamin D Status. In: Feldman D, ed. Vitamin D (Fourth Edition). Academic Press; 2018:15-40. doi:10.1016/B978-0-12-809963-6.00059-6



Neolife Scientific Advisory Board



Code 865 | 120 tablets  
Net Weight 24 g

### Why a Vitamin D supplement?

- Today's indoor lifestyles and use of sunscreen threaten our stores of vitamin D, and a large percentage of people of all ages around the world have low levels of vitamin D.
- We typically only get 10–20% of our vitamin D from our diet as it is not widely contained in foods.
- Getting enough vitamin D all the year round is vital to our wellness and vitality as it is needed by several body systems and organs.
- Both vitamin D<sub>2</sub> (*ergocalciferol*) and vitamin D<sub>3</sub> (*cholecalciferol*) are known to be effective.
- Vitamin D helps the body use calcium properly for the maintenance of normal bones and neurotransmission.
- Low vitamin D levels can also impact our immune system performance and muscle function.

### Why Neolife Vegan D?

- **Vegan D is a proprietary blend of naturally sourced and wholefood-based ingredients high in vitamin D to ensure high potency and bioavailability.**
- **It combines vitamin D<sub>3</sub> and vitamin D<sub>2</sub>** (cholecalciferol/ergocalciferol).
- It contains:
  1. **Vitamin D<sub>3</sub> from lichen** (*Cladonia rangiferina*), known as Reindeer Lichen, which is actually a combination of an algae and a fungus. This natural lichen D<sub>3</sub> ingredient is:
    - Sustainably sourced using gentle extraction techniques
    - Historically consumed by people in the Arctic countries
  2. **Vitamin D<sub>2</sub> from yeast and superior quality mushrooms** (*Agaricus bisporus*)
    - These mushrooms also provide trace amounts of naturally occurring whole food nutrients.
- **Vegan**