

SUNSHINE

Featuring MenaQ7[®] Vitamin K2

Supports Bone, Cardiovascular, and Immune Health*

Sunshine is a highly bioavailable form of vitamin D3 (as cholecalciferol) and vitamin K2 (as patented MenaQ7[®]). Vitamin D3 and vitamin K2 are essential micronutrients with ubiquitous roles throughout the body, such as supporting stress levels, bone health, skin health, heart health, and immune function.¹

Supplementing with Sunshine can help ensure users obtain adequate amounts of these key micronutrients in highly bioavailable forms.*

Given the importance of adequate vitamin D levels in the body and many people's lack of exposure to direct sunlight, Sunshine supplementation can help users in a variety of ways. The most relevant research-backed benefits derived from consumption of vitamin D3 and K2 include:^{9,10}

- Supports cardiovascular function*
- Supports healthy mood and stress levels*
- Supports bone and skin tissues*
- Supports immune function*

How Sunshine Works

Vitamin D3 is structurally similar to cholesterol and is converted via the liver and kidneys to its active form, calcitriol. It is imperative that oral supplementation of vitamin D comes in the form of D3; this is the most bioavailable form of vitamin D in a softgel, maximizing its absorption into the body.^{2,3}

Calcitriol goes on to perform a multitude of roles in the body and is particularly crucial for proper absorption of the minerals calcium, iron, magnesium, phosphate, and zinc. Calcitriol also supports and promotes bone growth as well as immune, cardiac, and neuromuscular functions.*

It is crucial to obtain adequate amounts of vitamin D on a daily basis, as deficiency can lead to a host of health issues.^{4,5} Vitamin K2 (menaquinone) comes in a variety of forms, with evidence suggesting that the form MK-7 is especially important for people with chronic health issues causing nutrient malabsorption.⁶ Research also demonstrates that vitamin K2 is a crucial micronutrient for supporting the cardiovascular system and bone health.^{7,8}



GLUTEN-FREE



DAIRY-FREE



NON-GMO



cGMP FACILITY

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 60

	Amount Per Serving	%DV*
Vitamin D3 (as cholecalciferol)	125 mcg (5,000 IU)	625%
Vitamin K1 (as phytonadione)	15 mcg	13%
Vitamin K2 [as MK-7 [†] (menaquinone-7)]	60 mcg	50%

Other Ingredients: Gelatin, olive oil, glycerin, purified water, calcium carbonate, turmeric extract.

Directions: Take one softgel daily with food or as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner.

Warning: Use should be short-term and include regular monitoring of 25-(OH)- and 1,25-(OH)₂-vitamin D levels. This product contains vitamin D at a level that exceeds the adult tolerable upper intake level.

Vitamin K2 may counteract the effects of anticoagulation therapy and is not recommended for patients on blood-thinning medications.

† as MenaQ7[®] a registered trademark of NattoPharma, Norway; Patented in the United States and Canada. (US Patent Numbers 8,728,553 & 8,354,129; Canada Patent Number 2,347,387).

References:

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*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.

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