

## Frequently Asked Questions

### Can I take D3+ with other supplements?

If you have any questions about how your supplements will interact with LifeVantage D3+, please consult your health-care professional.

### Don't I get vitamin D from my diet or the sun?

You can get enough vitamin D from the sun when combined with a proper diet. However, over 1 billion people are vitamin D deficient and approximately 50% of the population currently has a vitamin D insufficiency. So, while you can get vitamin D from the sun and your diet, you likely aren't getting enough.<sup>1</sup>

### How many servings are there per bottle?

Each bottle contains 30 servings.

### Can I give D3+ to my children?

This product is formulated for adults. We do not recommend giving D3+ to your children.

### Can I take D3+ if I am pregnant or nursing?

Consult with your health-care provider before use while pregnant or nursing.

### Are there any potential allergens in LifeVantage D3+?

D3+ is free from gluten, wheat, dairy, gelatin, and yeast. If you have any specific concerns about ingredients, please contact your health-care professional.

### What are the vitamins and minerals in D3+ derived from?

Most of the vitamins and minerals in LifeVantage D3+ are synthetic. However, all the vitamins and minerals in D3+ are designed to be nature identical.

### Are there any side effects to taking D3+?

There are currently no reported side effects when taking D3+.

### Is LifeVantage D3+ gluten-free?

Yes, D3+ is formulated without gluten.

### If my doctor tells me I have a vitamin D deficiency, will LifeVantage D3+ help?

D3+ provides 250% of your daily value of vitamin D. Speak with your health-care provider to determine if this product is right for you.

### How does LifeVantage D3+ complement the other LifeVantage® products?

D3+ can be taken with other LifeVantage supplements.

### What is Horsetail Extract for?

Horsetail, also known as sawgrass, is a plant-based natural source of silicon, another micromineral that has been shown to support healthy bones.\*

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

<sup>1</sup> <https://my.clevelandclinic.org/health/diseases/15050-vitamin-d-vitamin-d-deficiency#:~:text=Vitamin%20D%20deficiency%20is%20a%20common%20global%20issue,States%20have%20vitamin%20D%20deficiency>

