

product information sheet



Build Your Inner Strength

A strong, healthy body helps you keep doing what you love. Get the key micronutrients it needs with a unique multi-nutrient blend featuring benefits that pack the punch of two products in one. LifeVantage D3+ does more than just supplement you with vitamin D. It's also an excellent source of vitamin K2, magnesium, and calcium. Together, these nutrients support immune and cardiovascular health, improved mood, and proper muscle and nerve health. Plus, with added silicon and boron, it delivers nutrient support for calcium absorption to maintain strong bones and teeth. Most people need more of these key nutrients, which are essential for supporting the activation of hundreds of processes within the body. Don't let a lack of key nutrients be the weak link in your active life. Keep your body and mind healthy and activate your inner strength with LifeVantage D3+.*

Benefits



Supports immune, cardiovascular, bone, muscle, and nerve health.*



May help support an improved mood.*



Supports strong bones and teeth.*



Supports muscle and nerve health, which aids with muscle contraction and relaxation.*



Supports immune health and a balanced immune response.*



Supports hair, skin, and nails*

*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.

Directions

Take 2 tablets once or twice daily, as needed, preferably with a meal.

WARNINGS: Not for use by individuals under the age of 18 years. Do not use if pregnant or nursing. Keep out of reach of children.

Ingredients

Supplement Facts

Serving Size: 2 tablets
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol)	50 mcg	250%
Vitamin K2 (as Menaquinone MK-4 and Menaquinone MK-7)	45 mcg	38%
Calcium (as Calcium Carbonate, Calcium Citrate, Dicalcium Phosphate, Calcium Hydroxyapatite, Calcium Glycinate Chelate, and Calcium Fructoborate)	260 mg	20%
Magnesium (as Magnesium Oxide, Magnesium Amino Acid Chelate, Magnesium Malate, and Magnesium Taurinate)	150 mg	36%
Horsetail Extract (<i>Equisetum arvense</i>)	10 mg	*
Boron (as Calcium Fructoborate)	1 mg	*

** % Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Cellulose Gum, Magnesium Stearate, Silica, Stearic Acid, Polyethylene Glycol.

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Can I take LifeVantage® D3+ with my other supplements?

If you have any questions about how your supplements will interact with LifeVantage D3+, please consult your health care professional to verify their effectiveness together.

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.¹

How many servings are there per bottle?

Each bottle contains 30 servings.

Can I give LifeVantage D3+ to my children?

This product is formulated for adults, so we do not recommend giving LifeVantage D3+ to your children.

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

We suggest you consult with your physician before use if you have any questions or concerns about your pregnancy.

Are there any potential allergens in LifeVantage D3+?

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

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

The majority of the vitamins and minerals in LifeVantage D3+ are synthetic. However, all of the vitamins and minerals in LifeVantage D3+ are designed to be nature identical, so your body will recognize them as if in their natural form.

When should I take LifeVantage D3+?

We recommend taking LifeVantage D3+ once or twice daily as needed, preferably with food.

Are there any side effects to taking LifeVantage D3+?

We do not expect there to be any side effects for the LifeVantage D3+ consumer. If you experience any adverse reaction, discontinue use of the product and let our support team know by calling (866) 460-7241.

Is LifeVantage D3+ gluten-free?

Yes, LifeVantage D3+ is gluten free.

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

LifeVantage D3+ provides 250% of your daily value of Vitamin D. We recommend speaking with your health care professional to determine if this product is the right fit for you.

How does LifeVantage D3+ complement the other LifeVantage products?

LifeVantage D3+ can be taken with other LifeVantage supplements. We recommend taking it with the Rise AM & Reset PM System for a more complete daily multivitamin to help your body function optimally.

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.*

¹[Vitamin D Deficiency | my.clevelandclinic.org](https://my.clevelandclinic.org/health/diseases/17000-vitamin-d-deficiency)

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