


Each softgel contains:
Vitamin D₃
200000 IU
(Cholecalciferol from natural source) USP


SKIN HEALTH Vitamin D plays an integral role in skin protection and rejuvenation. The main benefits of topical Vitamin D lie in its anti-inflammatory, anti-oxidative, proliferative, and skin repairing properties. In its active form as calcitriol, Vitamin D contributes to skin cell growth, repair, and metabolism. Topical Vitamin D can be used as a monotherapy for various ichthyoses, (dry, scaling skin that may be thickened or very thin) morphea, (isolated patches of hardened skin) pityriasis alba, [dry, fine-scaled, pale patches on the face] prurigo nodularis, (itchy nodules which usually appear on the arms or legs) and polymorphous light eruption (itchy rash caused by sun exposure in people who have developed a sensitivity to sunlight).



ACNE Vitamin D supplements have also been found to improve acne. Putting Vitamin D on an affected area for a few days often clears up acne. Vitamin D₃ inhibits Propionibacterium acnes (P. Acnes), which is an inducer of Acne. Furthermore, sebocytes are identified as 1,25OH₂D (Vitamin D₃) responsive target cells, indicating that Vitamin D analogs may be effective in the treatment of Acne.



PSORIASIS You can also use topical Sunny Vit directly to the skin, especially on flare areas. While topical treatments are soothing, they typically aren't effective in preventing recurrence. It can be used either alone or in combination with corticosteroids. If you've been taking or applying Vitamin D as a psoriasis treatment and you haven't seen any improvement within one month, follow up with your doctor to discuss alternative treatment options.



ANTI-AGEING The antioxidant benefits of Vitamin D are useful for more youthful-looking skin. They help reduce the appearance of fine lines and wrinkles while supporting natural elasticity and resilience, and acting as an antioxidant for skin. Sunny Vit helps to rejuvenate the skin, and nourish your delicate skin cells. It enhances the skin's immune system and helps to destroy free radicals that can cause premature ageing.



SKIN REPAIR The anti-oxidative (anti-oxidant) properties of Sunny Vit neutralizes the effects of pollution on the skin. It may also help to regenerate skin cells and repair damage; essentially upping the skin's resilience, strengthening its barrier, and evening out tone and texture. It can help improve and preserve the integrity of the skin.



FOR SENSITIVE, IRRITATED OR COMPROMISED SKIN Sunny Vit can be used on face, whole body, hair, scalp. It is gentle on the skin, non-irritating and hypoallergenic. This makes it an especially smart pick for those who have sensitive, irritated or compromised skin from an overzealous application of benzoyl peroxide or retinol or hypersensitivity to other skin products. Use of Vitamin D₃ should not result in any irritations, and there are no reports of its use associated with any sensitivities. In case of any adverse reactions, please consult your doctor.



HAIR LOSS Vitamin D₃ stimulates Hair Follicles to grow. Low Vitamin D levels in the blood are found to be associated with diffuse hair fall. Vitamin D deficiency may also cause "Alopecia Areata", an autoimmune disease that causes patchy hair loss.

HAIR GROWTH Research also shows that Vitamin D may help create new follicles — the tiny pores in the scalp where new hair can grow.



BODY ACHES & PAINS Low Vitamin D levels are implicated in various chronic pain conditions. Research has shown that Vitamin D exerts anatomic, hormonal, neurological, and immunological influences on pain manifestation, thereby playing a role in the aetiology and maintenance of chronic pain states and associated comorbidity. Persistent pain is associated with Vitamin D-related bone demineralization, myopathy, and musculoskeletal pain. Vitamin D deficiency has been associated with headache, abdominal, knee, and back pain, persistent musculoskeletal pain, costochondritic chest pain, and failed back syndrome and with fibromyalgia.



BONE HEALTH Vitamin D plays an essential role in maintaining a strong mineralized skeleton for humans. Vitamin D₃ promotes Calcium absorption and helps maintain Calcium and Phosphate levels necessary for mineralization of bone. It is also needed for bone growth and bone remodeling by osteoblasts and osteoclasts. Vitamin D₃ deficiency can result in thin, brittle, or misshapen bones, as well as rickets in children and osteomalacia in adults.



OESTEOARTHRITIS Insufficient levels of Vitamin D may raise the risk for perpetuating or causing osteoarthritis due to its well-known impact on bone structure and function. Vitamin D may be key to reducing the risk of obesity, a common determinant or outcome of osteoarthritis. Other benefits may include a lower falls prevalence rate that can lead to secondary osteoarthritis, and bone fractures.



OSTEOPOROSIS Low concentrations of Vitamin D lead to alterations in Calcium and Phosphorus homeostasis, secondary hyperparathyroidism, bone loss, osteoporosis, and an increase in fracture risk. Adequate Vitamin D and Calcium intake is considered an essential component of osteoporosis management.



IMMUNE HEALTH Vitamin D₃ has been defined as natural immune modulator, and upon activation of Vitamin D₃ receptors (VDRs), it regulates Calcium metabolism, cellular growth, proliferation and apoptosis, and other immunological functions. Epidemiological data underline a strong correlation between poor Vitamin D₃ status and higher risk for chronic inflammatory illnesses of various etiologies, including autoimmune diseases.



WEIGHT LOSS The American Journal of Clinical Nutrition, says that consuming Vitamin D₃ may help lose abdominal fat and prevent weight gain. A high Vitamin D₃ intake may increase the Leptin levels, a hormone that alerts the body to stop eating. Research also links Vitamin D₃ deficiency to insulin resistance, which leads to excess hunger increasing the need to over eat.

This product is not intended to diagnose, treat, cure, or prevent any disease.