

Essanté Worldwide

Vitamin D3

Immune System Enhancer

A Dietary Supplement

How Long Should You Spend in the Sun?

A common myth is that occasional exposure of your face and hands to sunlight is sufficient for Vitamin D nutrition. For most of us, this is inadequate to move levels to the healthy range.

Your body naturally converts a cholesterol compound into Vitamin D via mechanisms in the skin, after which it is absorbed into the body. For maximum benefit, you need to expose large portions of your skin to the sun, and you need to do it for more than a few minutes.

The type of light needed for Vitamin D to be produced in the skin is Ultraviolet-B, or UV-B. The effectiveness of those rays is based on the angle of the sunlight, not just on the length of the exposure. Oddly enough, UV-B rays are strongest at mid-day, when most people are indoors with work, school, or home obligations.

In lightly-pigmented skin, an equilibrium generally occurs within 20 minutes of ultraviolet exposure. It can take three to six times longer for darkly-pigmented skin to reach the equilibrium concentration of skin Vitamin D. So, bearing in mind that you need to gradually increase your time, starting in the spring, you should expose large areas of your skin to the sun - anywhere from 10 to 20 minutes at a time up to two hours at a time - depending on skin type and environmental factors.

What About During the Winter?

In the winter, daylight hours become reduced. The farther away from the Equator you live, the shorter the day will be. If your Vitamin D levels are low, a Vitamin D supplement can be used to balance nutrient amounts to their proper levels. When regular sun exposure is not an option, use a supplement.

Why Vitamin D?

Vitamin D, along with sufficient calcium intake and healthy levels of sunlight exposure, contributes to a balanced, nutrient-rich diet. Research has shown that it plays an important role in normal immune functions, strong bone development and maintenance, muscle strength, regulation of normal nervous system functions, normal and healthy development among adolescents, and contributes to normalizing antioxidant levels. It also supports the normal uptake of other important minerals, such as magnesium, zinc, and iron.



Best Options for Maintaining Optimal Vitamin D

- Spend adequate time in the sun without blocking UV-B rays. This changes with seasons, latitude, altitude, and even with skin tones. Avoid skin burns!
- Eat a balanced diet rich in Vitamin D foods.

Supplement With Vitamin D3™!

Supplement your diet with Vitamin D3™ to increase levels to their optimum.

Vitamin D3™ is made with premium ingredients in a controlled environment for maximum potency.

Nutritional Leader

Essanté Worldwide is a leader in the nutritional supplement and organic products market, combining years of product research and development with the commitment to make a positive difference in the lives of our customers and Associates. Ask Your Essanté Worldwide Associate for more information about Vitamin D3™ and our other nutrition, skin care, and wellness products today!