

# ESSENTIAL VITAMIN D3



## WHY DO I NEED THIS PRODUCT?

**Vitamin D3** also called **cholecalciferol** and is easily accessible from sunlight, supplements and diet. The truth is though, that Vitamin D deficiency is a very real condition, and most people are not producing enough of it through their own bodies, and not getting nearly enough through natural sources like food.

This means you should start taking Vitamin D supplements as part of your daily health routine – you'll feel much better as a result, and you'll find that you have more energy and are healthier in general than you were before.

## Here are a few top benefits:

- Maintains Bone Health
- Improves Back Pain
- Healthy Teeth
- Enhances The Immune System
- Improves Function of the Brain
- Improves Mood and Cognitive Performance
- Supports Health of Nervous System
- Supports Lung Function
- Improves Cardiovascular Health
- Regulates Insulin Levels



Source: WebMD

CERTIFIED



LIPOSOMAL DELIVERY  
TECHNOLOGY

## Symptoms of Serious Vitamin D Deficiency



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## APPLICATION INSTRUCTIONS

**STEP 1: Smooth (1-2) pumps daily on clean skin.** Continue rubbing cream to skin area until fully absorbed. Apply to any of these skin options; upper chest, inner arms, side stomach, inner thighs, calf's or bottom of feet (choose 1 location only at a time) to apply.

**STEP 2: Apply cream on CLEAN SKIN ONLY.** Nutra Relief creams are formulated with Liposomal Technology which delivers Bioactive Ingredients below the topical skin layer. (For Single Application Locations, see Body Zone Chart)

### AVOID COMBINING CREAMS:

AVOID combining / layering our creams with other products, especially on your face. Other creams are NOT formulated to penetrate the skin and typically contain toxic chemicals. Our creams penetrate below the SKIN, so they will pull toxic chemicals from other creams with them and could cause irritation.

### SENSITIVE SKIN:

If you have sensitive skin the best place to apply your Nutra Relief cream may be the soles of your feet. These pores are 30% larger than those at any other location on your body, which makes your feet an excellent area for application and absorption.

### WHERE ON THE BODY TO APPLY OUR CREAMS?

You can apply the cream on different areas of the body that are afflicted - look over the Application Body Chart below for best-recommended body zone application areas. Apply to one area at a time, as our creams are potent and pure so a little goes a long way.



### 30 SECOND EXTRA RUB:

Rub Nutra Relief creams gently on your skin for 30 seconds longer than normal until cream disappears. The rubbing acts as a mechanism for the cream to fully penetrate through the skin.

### BEST TIME TO APPLY ESSENTIAL VITAMIN D3:

You may apply the Vitamin D3 cream in the morning or evening. We recommend best time to apply is in the morning.