

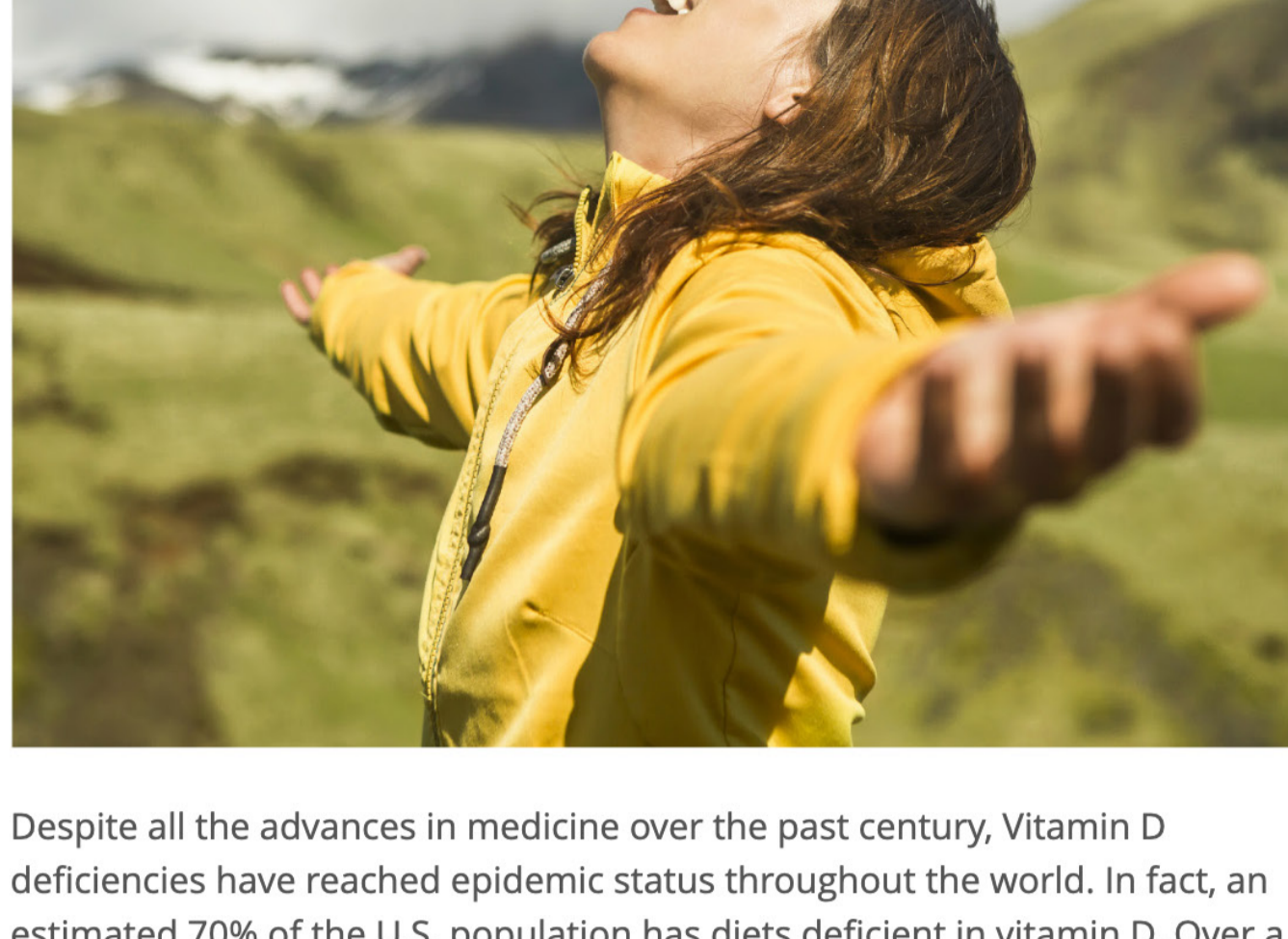


MANNATECH

GOOD SCIENCE. GOOD SENSE.

Add Wellness and Wonder to Your Day

Vitamin D: The Mega, Multi-Tasking Supplement for Everyone



Despite all the advances in medicine over the past century, Vitamin D deficiencies have reached epidemic status throughout the world. In fact, an estimated 70% of the U.S. population has diets deficient in vitamin D. Over a billion people worldwide are vitamin D deficient or insufficient.¹

Essential for growth and development, vitamin D not only is a steroid with hormone-like activity, it also regulates the functions of over 200 genes. **It's known as the sunshine vitamin** because 50 – 90% of vitamin D is produced within our body when our skin is exposed to the sunlight. The rest comes from our diet.*²

Meet Your Sunshine Vitamin Ally!

[LOGIN & SHOP NOW!](#)

This ultra-nourishing supplement provides a wealth of two powerful supplements in harmony. **Omega-3 fatty acids** maintain good health, promote brain function and support cardiovascular health.* **Vitamin D₃** promotes bone, teeth, immune system, and nervous system health while enhancing calcium absorption, helping to improve overall wellness and mood, especially in winter months.*

Benefits:

Has a pleasant lemon flavor in an easy-to-swallow gel capsule.

Helps support cardiovascular and heart health.*

Omega-3 with vitamin D₃ supports a healthy microbiome.*

Vitamin D₃ supports a healthy gut lining.*

Supports healthy muscle function.*

Helps retain healthy blood lipid levels.*



Helps support brain health and function.*

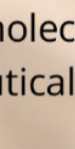
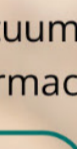
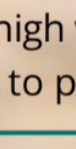
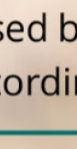
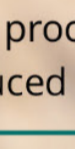
Contains vitamin D₃, which helps support a healthy immune system — a key contributor to good health.*

Provides support for healthy triglyceride levels already within normal levels.*

Supports calcium absorption.*

Vitamin D intake can help keep your immune system in balance.*

Features:



Also, reduced fishy burps, processed by high vacuum molecular distillation, Ultra-pure and produced according to pharmaceutical standards

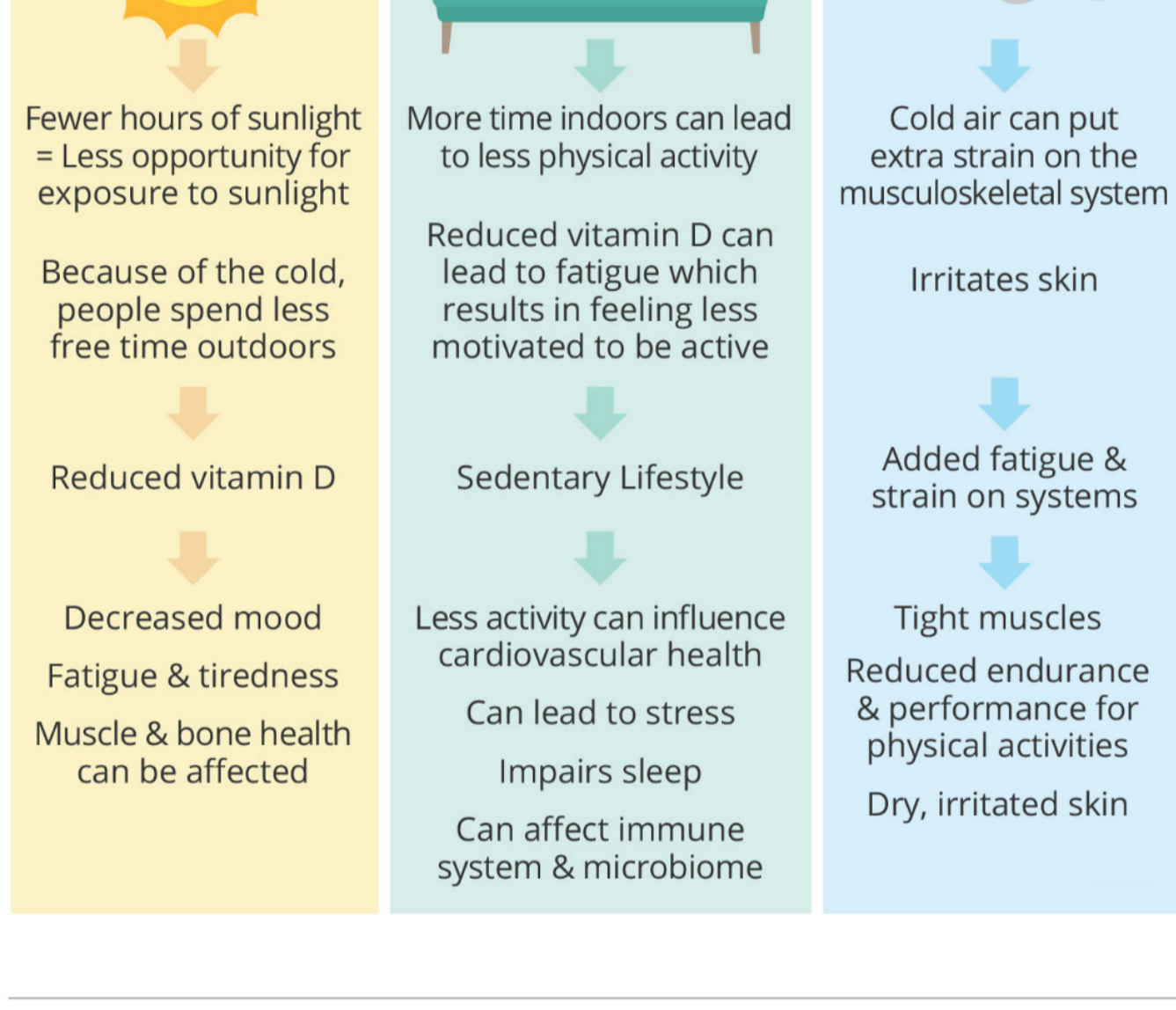
[LEARN MORE](#)

Why Combine Two Vitamins Into One Supplement?

Mannatech's Omega-3 and Vitamin D₃ product perfectly complement each other since both products are oil-based and can be combined into a single, easy-to-take gel capsule. Another reason they work well together is because vitamin D is a fat-soluble vitamin that can be better absorbed when taken or combined with another fat- or oil-based food or supplement, such as omega-3 fatty acids from fish oil.

Effects of Winter on Our Overall Health

During these cold months of winter, not only does the cold air itself affect your health but it's hard to soak in enough sunshine to get the vitamin D we need. That's why vitamin D supplementation is so crucial this time of year for you and your family.

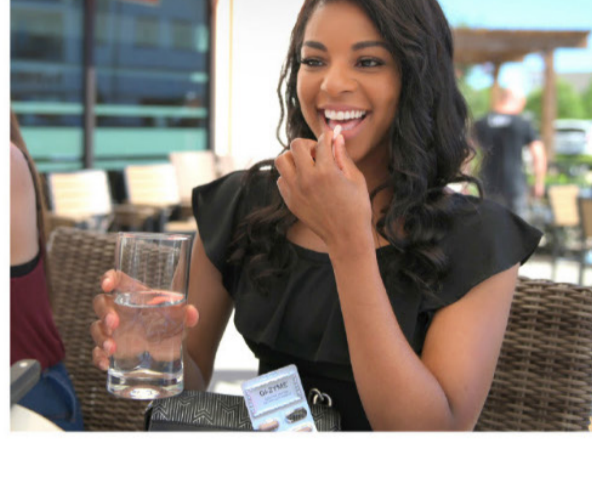
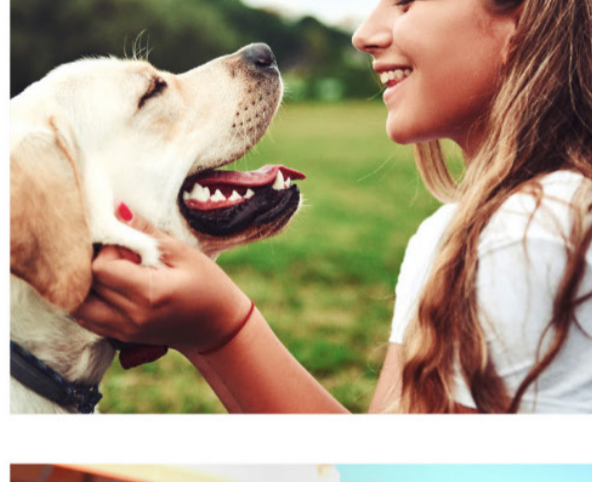


Relax. You've Got This!

8 Tips for Reducing Stress & Increasing Relaxation

Bottom line, we can't change the weather, but we do have the power to take charge and address stress and relax more to get us through the winter months a little healthier!

Exercise • Play with Your Pet • Meditate
Take a Breath • Listen to Music • Get a Massage
Take Supplements • Learn to Say No



Additional Sources for Support

In our April Digestive Health Course Series, we talked about stress in more detail and the serious impact it has on your health and other aspects of life. Click to learn more:







MISSION 5 MILLION

Join Mannatech's mission to help enrich the lives of malnourished children around the world.

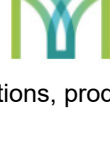
A healthy blend of vitamins and minerals is important for children everywhere. However, many of the foods being given to those in underdeveloped countries are not meeting the minimum nutritional criteria. Your participation in the M5M program makes it possible for us and our partners to provide nutrients to enrich the lives of children all over the world.

[LEARN MORE](#)

¹ Vitamin D Deficiency- An Ignored Epidemic (nih.gov)

² https://pubmed.ncbi.nlm.nih.gov/33373680/

*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.



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