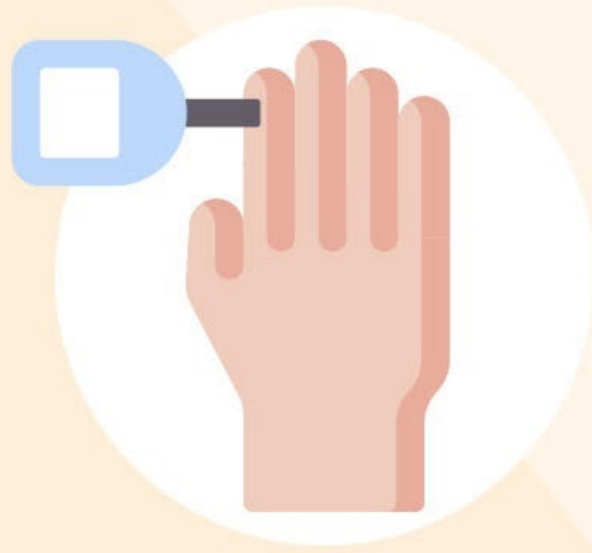


VITAMIN D*ACTION PROJECT ENROLLMENT

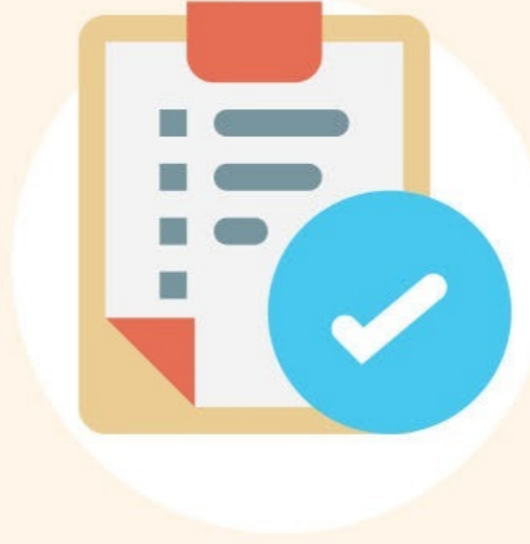
HOW IT WORKS



STEP 1

Test your current level

Measure your vitamin D status along with other nutrients or levels of your choice.



STEP 2

Answer an online questionnaire about your health and habits



STEP 3

Educate yourself to determine your target level

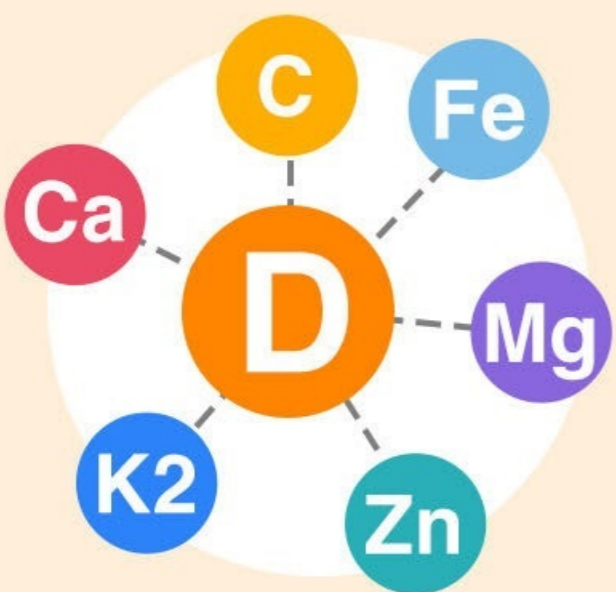
Experts recommend a level of at least 40-60 ng/ml (100-150 nmol/L). A higher level may be desired for certain concerns such as cancer prevention and auto-immune conditions.



STEP 4

Need to boost your level?

Use the D*calculator to see how much vitamin D it may take to reach your target. Opt for the Loading Dose for a quicker boost



STEP 5

Optimize how your body absorbs and utilizes vitamin D

Factors such as digestive health, sun exposure, and co-nutrient intake also play an important role



STEP 6

Re-Test!

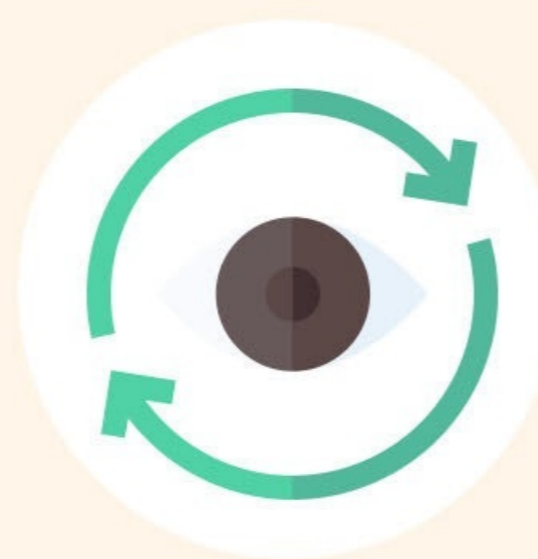
Did you reach your target? Are you taking enough/too much? Re-test after 3-6 months, or sooner if using a loading dose. Complete your next questionnaire for updated health data at the same time.



STEP 7

Track your progress

Gain insights on various areas of your health based on your test results, questionnaire answers and statistical data gathered from thousands of other participants with your personal myCharts and myStats.



STEP 8

Adjust, Repeat...see what works for YOU!