



D3ForMe FAQs

[Is the D3forME vitamin D3 patch safe?](#)

Yes, D3forME vitamin D3 patches contain ingredients that are considered safe for use on people.

[Why is the D3forME vitamin D3 patch better than pills, etc.?](#)

It offers a way for those who are malabsorbers of oral supplements to obtain vitamin D3. Furthermore, the vitamin D3 contained in the patch can enter the body without being affected by the digestive process provided by the stomach and the GI tract.

[Do I wear the vitamin D3 patch on a certain part of my body?](#)

The patch needs to be in contact with the skin to be effective. The best routine is to apply it after a shower or bath on different parts of your body in a revolving cycle. The thigh, shoulder, back, and upper buttock are particularly good locations. D3forME strongly recommends that you do not place the patch on your face, your head, or in the area of your genitals. Apply with care to any areas with excessive hair. The patch will stay in place due to the adhesive used in it. Continue to wear the patch for up to 24 hours.

[Can I shower/bathe or get the vitamin D3 patch wet?](#)

The best routine is to apply the patch after you take a shower or bath and leave it on until 24 hours have passed or you are taking another shower/bath.

[How often do I change the vitamin D3 patch?](#)

The patch is intended to be worn for 24 hours. D3forME recommends that immediately after taking a shower or bath, you place a patch on your thigh, shoulder, back, or upper buttock.

[Should I clean my skin prior to applying the vitamin D3 patch?](#)

Yes, clean skin helps to keep the patch in place.



D3ForMe FAQs

[Will the vitamin D3 patch irritate my skin?](#)

The D3forME vitamin D3 patch is specifically formulated to stay on your skin for 24 hours without causing any undo irritation or discomfort. If your skin reacts negatively to the application of a patch, immediately remove the patch and consult your health care professional.

[Can I wear more than one vitamin D3 patch at a time?](#)

Yes, the idea is the same as taking multiple vitamin products, daily. It is not usually necessary to wear more than one patch each day. Consult with your health care professional to determine the best personal usage profile.

[Can I get too much vitamin D3?](#)

How much vitamin D3 each of us should take on a daily basis is determined individually. You and your health care professional will determine how much to take.

[Can I take vitamin D3 with calcium supplements?](#)

Vitamin D3 is crucial for calcium absorption into your intestine. Without sufficient vitamin D3, your body cannot absorb calcium, rendering calcium supplements useless.

[Are there any side effects from wearing a vitamin D3 patch?](#)

The D3forME vitamin D3 patch has not been shown to have any serious side effects. However, if you are pregnant, nursing, have serious health conditions, etc. please consult your health care professional before using this product.

[How do I store the vitamin D3 patch?](#)

You should store D3forME vitamin D3 patches away from sources of heat, moisture and direct sunlight. Keep patches out of the reach of children and away from pets and other animals. D3forME patches can be stored for up to 2 years from the date of manufacture that is listed on the package.

[Can I take the vitamin D3 patches through airline security with my carry-on luggage?](#)

Yes, D3forME patches can be packed safely in carry-on or checked luggage for airline travel.



D3ForMe FAQs

Is there an expiration date on the vitamin D3 patches?

The patches can be stored for up to two years from the date of manufacture that is listed on the package.

Do the vitamin D3 patches contain any other active ingredients besides vitamin D3?

No.

Do the vitamin D3 patches contain caffeine?

No.

Are there any contra-indications that should be noted?

Always consult your health care professional before using any vitamin supplement.

Are there consequences to missing a day of use?

As with any supplement, it is best to establish a regular usage pattern. If you forget to place a patch at the proper time, do so as soon as you remember. Although you might temporarily miss the benefits of wearing a patch, there will be no negative consequences. Once you start wearing patches again, the benefits you have experienced will return. See your health care professional to determine your pattern of use of vitamin D3.

What disease does the vitamin D3 patch cure or prevent?

The D3forME vitamin D3 patch is not meant to treat or prevent any disease. It is meant to help you reach the appropriate healthy level of vitamin D3 for your body.

Is the vitamin D3 patch FDA approved?

The D3forME vitamin D3 patch is considered a supplement, and dietary supplements do not require FDA approval.