

can vitamin d be more beneficial at night?



Vitamin D is an essential nutrient known for maintaining skin health, bone health, and supporting the overall immune system. The body synthesizes Vitamin D when the skin is exposed to sunlight. It's also found in foods like citrus fruits and is available as a dietary supplement.

When it comes to skin health, Vitamin D plays a crucial role in maintaining the skin barrier, protecting against UV damage, and promoting recovery and restoration. Due to its connection to sunlight, Vitamin D is often considered beneficial for daytime use. However, what if it could actually be more beneficial at night?

pro-vitamin d complex | hydrates + nourishes moisture barrier

At night, the skin enters a regenerative phase, repairing damage from the day. Harmful UV rays and microscopic pollutants can damage the skin, leaving it dull and dehydrated. **BioLumin-C Night Restore** helps restore radiance, hydration, and tone overnight.* A Pro-Vitamin D Complex provides deep hydration and nourishes the skin's moisture barrier to help repair daytime damage.

vitamin c + pro-vitamin d serum



During the day, the skin operates in defense mode, protecting against UV rays and free radicals. At night, it shifts to repair mode, working to heal itself. Vitamin C, an antioxidant, is known to fight free radicals. Dermalogica's advanced re-activation biotechnology enhances the bioavailability of Vitamin C to combat oxidative stress and boost antioxidant reserves overnight. In one formula, ultra-stable Vitamin C and the Pro-Vitamin D Complex work together to help the skin recover overnight. **BioLumin-C Night Restore** repairs the skin's moisture barrier during sleep while providing long-lasting brightness and immediate hydration. The result is more energized-looking skin that is fortified to combat future oxidative stress.

Overnight results obtained during independent clinical testing of 35 people, 1 application/day for 8 weeks.