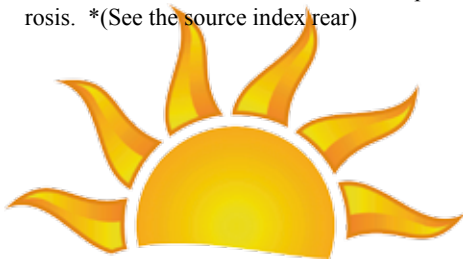




## Sunbathing is good for you

An increasing number of scientific reports are now acknowledging the importance of the body receiving an adequate amount of vitamin D. Around 75 % of the vitamin D our bodies receive is produced when we are exposed to sunlight. This is enormously important as vitamin D has a number of positive effects. These include the ability to resist some of our most common and most aggressive forms of cancer- breast cancer, prostate cancer, lymph gland cancer and even skin cancer. Vitamin D can also counteract heart/vascular diseases and osteoporosis. \*(See the source index rear)



## Ultra Tan tubes give you more Vitamin D

Without sun we do not get enough vitamin D. With our long, dark winters, those of us who live on Nordic latitudes are particularly exposed to vitamin D deficiency.

For this reason Ultra Tan has produced fluorescent light tubes that have a healthy composition of UV light. For solarium sunbathing, as with natural sunlight, Vitamin D is formed in the skin. Keep an eye out for the round logo with "Vitamin D Inside". You can then rest assured that your moment in the sun will start the vital Vitamin D forming process.



## Catch the Sun!



För mer information:  
[www.ultratan.se](http://www.ultratan.se)  
0492-164 00

 **Ultra Tan**

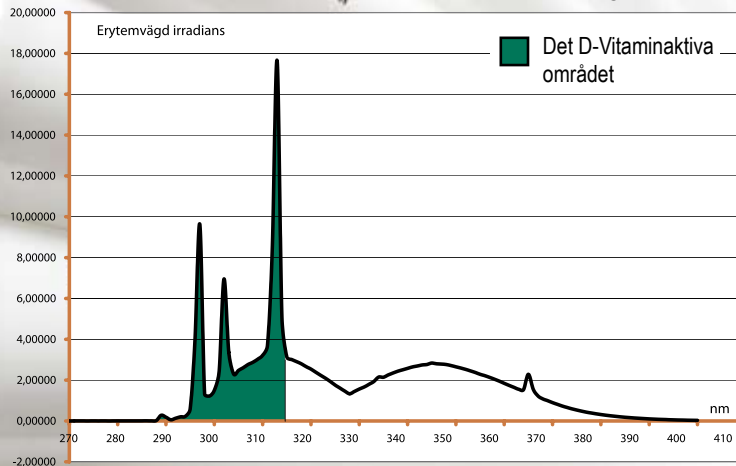
© Skyddat enligt upphovsrättslagen

 **Ultra Tan**

## Capturing the sun

The measurements made on Ultra Tan's fluorescent light tubes show that your body develops Vitamin D when you sunbathe in an Ultra Tan solarium. This also shows that it is sensible to build up a healthy suntan in our solariums before you travel abroad on a summer holiday. Your suntan is not just beautiful but also serves as your body's own sun protection.

- Build your suntan slowly
- Sunbathe according to skin type and base colour
- Never get red through sunbathing



Typ av lysrör: Ultra Tan XR 800 High Power  
Ultra Tan Extender 50

Mät datum: 2006-09-20



## Sunbathe to ...

- **Counteract breast cancer**  
( Lowe LC, Guy M, Mansi JL, Peckitt C, Bliss J, Wilson RG, Colston KW, St. George's Hospital , UK 2005 ).
- **Counteract prostate cancer**  
( John EM, Schwartz GG, Koo J, Van Den Berg D, Ingles SA., Northern California Cancer Center 2005 ).
- **Counteract lymph gland cancer**  
( Smedby KE, Hjalgrim H m.fl., Karolinska Institutet, 2005 ).
- **Lower blood pressure and expand blood vessels**  
( Dr. sc. med. Hans Joachim Winterfeld, University Hospital for Cardiovascular Surgery, 2000 ).
- **Reduce the risk of osteoporosis**  
( Dr. Zofia IshShalom, Rambam Medical Center Haifa, Israel, 2000 ).
- **Lower cholesterol level**  
( Dr. sc. med. Hans Joachim Winterfeld, University Hospital for Cardiovascular Surgery, 2000 ).
- **Improve your mental state**  
( Psychologist Dr. Jürgen Zuley, Schlafmedizinisches Zentrum der Universitätsklinik Regensburg ).

