



**NO-AD**<sup>®</sup>  
SUN CARE

**TIME SPENT IN THE SUN**

**SKIN TYPES**

**1 HOUR**

**2 HOUR**

**3 HOUR**

**4 HOUR**

**5 HOUR**

**TYPE 1**

**VERY FAIR SKIN**

NEVER TANS.  
ALWAYS BURNS.

**SPF 30**

**SPF 30**

**SPF 45**

**SPF 50**

**SPF 50**

**TYPE 2**

**FAIR SKIN**

SLOWLY TANS.  
BURNS EASILY.

**SPF 15**

**SPF 30**

**SPF 45**

**SPF 50**

**SPF 50**

**TYPE 3**

**LIGHT SKIN**

GRADUALLY TANS.  
INITIALLY BURNS.

**SPF 15**

**SPF 30**

**SPF 30**

**SPF 30**

**SPF 45**

**TYPE 3**

**MEDIUM SKIN**

TANS WELL.  
MINIMAL BURNS.

**SPF  
8-15**

**SPF 15**

**SPF 15**

**SPF 30**

**SPF 45**

**TYPE 3**

**DARK SKIN**

EASILY TANS.  
RARELY BURNS.

**SPF  
8-15**

**SPF  
8-15**

**SPF 15**

**SPF 15**

**SPF 30**

Reapply at least every 2 hours and as directed on package to help ensure adequate protection.

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