

VITAMIN D PRODUCT INFO SHEET



Description

Vitamin D is an essential vitamin important for many metabolic activities in the body.

Ingredients

Vitamin D is most widely known as the sunshine vitamin because our bodies are able to make vitamin D when exposed to sunlight for a period of time. Vitamin D has received a lot of press in recent days, and is probably most well known for the role it plays in bone health. While vitamin D does play a crucial role in bone health, vitamin D also plays an important role in cardiovascular health, immune health, and overall general health.

A balanced diet will provide us with dietary vitamin D, however often times dietary sources of vitamin D are not consistent enough to support our daily needs. Research suggests that seasonal changes in the weather may also have an effect on the amount of vitamin D we are able to make. People living in areas where winters are cold and long may not be getting the vitamin D requirements they need.

Vitamin D is converted in the body to the active 1,25(OH)₂ form. This conversion is regulated by parathyroid hormone (PTH) and low levels of calcium and phosphorus. Vitamin D is available in two different forms, D2 and D3. Vitamin D3 is the preferable form as it has been found to increase 25(OH)D levels for a longer period of time when compared to vitamin D2.

Vitamin D deficiency has been associated with poor heart health, certain autoimmune disorders, muscle aches, inflammatory disorders, poor bone health and poor immune health.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 180

1 capsule contains	Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol)	1,000 IU	250%

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

1 capsule contains	Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol)	5,000 IU	1,250%

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

ID #108180 ~ 180 Capsules
ID #116060 ~ 60 Capsules
ID #116120 ~ 120 Capsules

Dosage

SUGGESTED USE: 1 or more capsules per day or as recommended by your health care professional.

Contraindications

If you are pregnant or nursing, consult your physician before taking this product. Caution is advised for those taking digoxin or any cardiac glycoside or those with hypercalcemia.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.