

# 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)<sub>2</sub> form. This conversion is regulated by parathyroid hormone (PTH) and low levels of calcium and phosphorus. Vitamin D is available in two different forms, D<sub>2</sub> and D<sub>3</sub>. Vitamin D<sub>3</sub> 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 D<sub>2</sub>.

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.*