

# Vitamin D<sub>3</sub>

Two high potency options of naturally derived and bioavailable vitamin D<sub>3</sub>

## Introduction

Vitamin D<sub>3</sub> capsules supply a naturally derived and bioavailable version of vitamin D known as cholecalciferol or vitamin D<sub>3</sub>. Supplied in high-potency amounts of 1,000 and 5,000 IU for those needing to conveniently augment dietary intake. Daily vitamin D<sub>3</sub> intake of 1,000 to 2,000 units, an amount shown to be safe and effective by clinical studies, is now advised by many experts.<sup>†</sup>

## Product features

- **Supports bone health and density:** Vitamin D helps the body absorb calcium and phosphorus and utilize these minerals to support a healthy bone matrix and bone density.<sup>†</sup>
- **High potency:** Capsules available in 1,000 and 5,000 IU
- **Cost effective**
- **Free of the following common allergens:** milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, and soybeans. Contains no artificial colors, flavors, or preservatives.

## Background

Vitamin D is inadequate in many individuals and daily need appears to be higher than previously thought. The role of vitamin D in calcium metabolism and bone health is well known.<sup>†</sup> However, it has many other important physiologic roles that are not as well appreciated. Vitamin D receptors are widely distributed in the body, including colon, prostate, breast, and ovary, where it acts to inhibit the excessive growth of body cells and tissues and helps cells mature normally.<sup>†</sup> Adequate amounts of vitamin D come from consistent exposure to sunshine and are difficult to obtain from dietary sources. Postmenopausal women, older individuals, and those with malabsorption, limited sun exposure, or certain illnesses may need higher intakes of vitamin D. In the diet, this fat-soluble vitamin occurs naturally in only a few foods, such as mushrooms and some types of fish.

## Formulas

### 1,000 IU

**SUGGESTED USE:** 1 capsule daily with food or as directed by a healthcare professional. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Capsule		% Daily Value
Vitamin D <sub>3</sub> (as cholecalciferol)	25 mcg	125%

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

### VTD 100 capsules

## How supplied

100 capsules per bottle.

## How supplied

Store in a cool, dry place (59°F-85°F) away from direct light.

### 5,000 IU

**SUGGESTED USE:** 1 capsule daily with food or as directed by a healthcare professional. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Capsule		% Daily Value
Vitamin D <sub>3</sub> (as cholecalciferol)	125 mcg	625%

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, L-leucine, and silicon dioxide.

### VTD5 100 capsules

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.