



Vitamin D₃

These vegetarian capsules supply a high-potency amount of natural vitamin D, called D₃. This fat soluble vitamin occurs naturally in only a few foods, thus is often fortified in milk and other products. Vitamin D can also be formed in the body upon adequate exposure of the skin to sunlight. Its major biological function is to maintain normal blood levels of calcium and phosphorus to form and maintain strong bones. Vitamin D also works with a number of other vitamins, minerals and hormones to promote bone mineralization, glucose metabolism, neuromuscular function, and overall health.

When intake of vitamin D is below recommended levels or exposure to sunlight is limited, deficiencies can result. Poor absorption and impaired kidney function can also compromise vitamin D status. Adequate vitamin D along with a healthy diet and exercise program may be important ways to reduce risk.

- **Vitamin D₃ and Osteoporosis:** Research estimates that over 25 million adults in the United States are at risk of developing osteoporosis, a condition characterized by fragile bones and bone fractures. Low levels of vitamin D may contribute to bones becoming thin and brittle.
- **Vitamin D₃ and Sun Exposure:** Individuals who live in northern regions, those who are homebound such as the elderly, individuals with darker skin, and those who use sunscreens often have limited sun exposure or reduced ability to make vitamin D and are likely in need of supplementation.
- **Vitamin D₃ and Toxicity:** Although massive amounts of vitamin D can be toxic, supplementing with 1,000 IU is well within safe recommendations for those with little sun exposure, malabsorption conditions or who are at risk for osteoporosis.

Vitamin D₃ can be taken by anyone who does not get enough sun or is concerned about getting adequate vitamin D. One capsule daily is suggested. This product may be combined with a daily multiple vitamin supplement, which typically supply vitamin D at RDA levels of 400 I.U. per day.

Suggested Use: 1 capsule daily with food.

This product was made in a GMP and ISO 9001:2000 registered facility.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Capsule	% Daily Value
Vitamin D ₃ (as cholecalciferol)	1,000 I.U. 250%

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