

D3 5000 IU

5,000 IU (125 mcg) Vitamin D3



Recommended by
Angie Svoboda, Pharm D.

DESCRIPTION

D3 5000 IU is a highly bioavailable form of vitamin D3 (cholecalciferol) providing 5,000 IU per softgel.

FUNCTIONS

Vitamin D is a term that refers to a group of five fat-soluble vitamins classified as secosteroids. Research suggests that vitamin D3 (cholecalciferol) is the most important form in humans. Healthy individuals produce much of their natural vitamin D transdermally via sunlight exposure. Oral supplementation of vitamin D comes in the form of D3. D3 is the most bioavailable form of vitamin D, which maximizes its absorption into the body.

Vitamin D3 is structurally similar to cholesterol. It is converted by the liver and kidneys to its active form, calcitriol. Calcitriol goes on to perform a multitude of roles in the body. It is particularly crucial for proper absorption of the minerals, calcium, iron, magnesium, phosphate and zinc. Calcitriol also supports and promotes bone growth and regeneration, as well as immune, cardiac and neuromuscular function.

Much of the vitamin D we obtain comes from direct exposure to sunlight. However, spending a significant amount of time indoors away from sunlight, can lead to low levels of vitamin D in the body. And impairment of the vitamin D conversion pathways in the body can also lead to lower vitamin D levels. It is crucial to obtain adequate amounts of vitamin D on a daily basis. A vitamin D deficiency can lead to a host of health issues including, rickets, Fanconi syndrome, autoimmune disease, osteoporosis and poor immune function. Vitamin D is one of the few nutrients for which serum levels can be drawn. A simple blood test for 25 (OH) hydroxy vitamin D can determine if an individual has adequate vitamin D stores or should consider supplementation.

INDICATIONS

D3 5000 IU may be a useful dietary supplement for those individuals wishing to support general health and immune function, or whose requirements for vitamin D exceed those provided by lower potency products.

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.

FORMULA (WW #10383)

One Softgel Contains:

Vitamin D3 125 mcg (5,000 IU)
(as cholecalciferol)

Other Ingredients: Safflower oil, olive oil, gelatin, glycerin and water.

SUGGESTED USE

As a dietary supplement, take one softgel daily or as directed by a healthcare professional. It is recommended that serum 25 (OH) vitamin D levels be monitored to confirm acceptable levels are being obtained.

WARNING

Warning: If pregnant, nursing or taking medication, consult with your healthcare professional.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

Manufactured For:

Good Life Pharmacy

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