

Vitamin D-3

5,000 IU

DESCRIPTION

Vitamin D contains 5,000 I.U. of natural vitamin D3 per tablet.

FUNCTIONS

Vitamin D, also known as the “sunshine vitamin,” is an essential vitamin that plays many important roles in the proper functioning of the body. Though classified as a vitamin, vitamin D is actually a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy plasma calcium levels. Besides bone support, vitamin D has many other roles in the body, including modulation of cell growth, neuromuscular and immune function and inflammatory support.

Numerous scientists now feel that supplementation with vitamin D at levels greater than previously thought necessary is critical to helping maintain healthy bone remodeling and healthy vitamin D plasma levels.

Even though the human body can manufacture vitamin D under ideal circumstances, there is strong evidence that much of the American population suffers from a deficiency of the nutrient. This means that supplementation may be important.

INDICATIONS

Vitamin D 5,000 IU may be a useful dietary supplement for those individuals wishing to support general health or whose requirements for vitamin D cannot be met by lower potency products.

SIDE EFFECTS

No adverse effects have been reported.

FORMULA (WW #10252)

1 Softgel Capsule Contains:

Vitamin D-3 5,000 I.U.
(as cholecalciferol)

Other Ingredients: Softgel (gelatin, glycerin and water), safflower oil, and cholecalciferol.

Cholecalciferol (D3) is a natural, highly bioavailable form of vitamin D derived from lanolin.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors.

SUGGESTED USE

As a dietary supplement, adults take 1 softgel daily with meals, or as directed by a healthcare professional.

STORAGE

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

REFERENCES

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