

# Vitamin D3

1,000 IU



Recommended by  
Angie Svoboda, Pharm D.

## DESCRIPTION

Vitamin D3 contains 1,000 IU of natural vitamin D3 per softgel.

## 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 function, 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 may be a useful dietary supplement for those who wish to increase their daily D intake.

## SIDE EFFECTS

No adverse effects have been reported.

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 #10330)

### 1 softgel contains:

Vitamin D3 (as cholecalciferol)..... 1,000 IU  
Other Ingredients: Softgel (gelatin, glycerin, water)  
cholecalciferol and safflower oil.

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

Contains NO sugar, dairy, yeast, wheat, gluten, soy preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take 1 softgel daily 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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**Good Life Pharmacy**

125 South 16th St.  
Ord, NE 68862  
308.728.3295