

PRODUCT INFORMATION

Vitamin D3

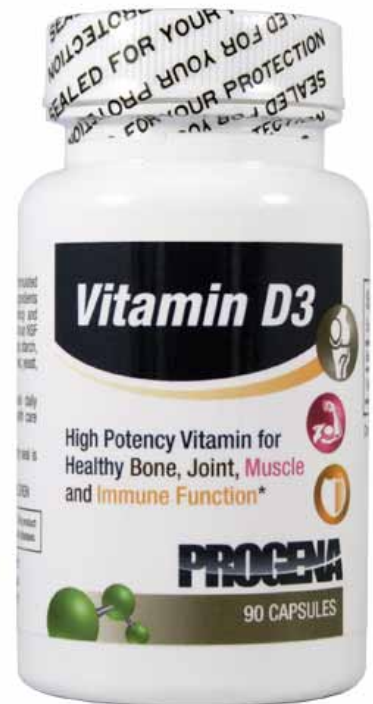
High Potency Vitamin D3 for Healthy Bone, Joint, Muscle and Immune Function*



Evidence over the past 10 years has shown that vitamin D deficiency is very common, approaching 40% in some populations. Studies suggest that significantly more vitamin D than currently recommended is needed to promote optimal health. The Food and Nutritional Board has established a safe upper limit of 2000 IU/day for vitamin D intake.

A recent review (Am J Clin Nutr. 2006 Jul; 84 (1): 18-28) summarized research that evaluated serum 25 (OH)D concentrations in relation to bone mineral density, lower-extremity function, dental health, and risk of falls, fractures and colorectal health. For all end points, the most advantageous serum concentrations of 25(OH)D began at 75 nmol/L (30ng/ml), and the best levels were between 90 and 100 nmol/L (36-40 ng/ml).

These concentrations could seldom be attained with the currently recommended intakes of 200 and 600 IU vitamin D/day for younger and older adults, respectively. An intake for all adults of at least 1000 IU/day is needed to bring vitamin D concentrations up to 75 nmol/L in at least 50% of the population. The results of this review suggest that significantly more vitamin D is necessary for optimal health.



90 Capsules

Supplement Facts

Serving Size: One (1) capsule

Each Capsule Contains:	%Daily Value
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Vitamin D3 (as Cholecalciferol) 1000 IU	250%
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Other Ingredients: Gelatin (capsule) and Rice Flour.

For Professional Use.

Specifically formulated nutritional product derived from ingredients quality controlled for consistent potency and safety. This product was manufactured in an NSF GMP Certified facility. Contains no sugar, starch, salt, artificial colors or flavors, corn, wheat, yeast, milk, soy or gluten.

Recommended Dosage:

One capsule daily with food or as directed by your health care professional.

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any diseases.

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