

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.

Supplement Facts

Serving Size: One (1) capsule

Each Capsule Contains:	% Daily Value
Vitamin D3 (as Cholecalciferol) 25 mcg (1000 IU)	125%

Other Ingredients: Gelatin (capsule) and Rice Flour.

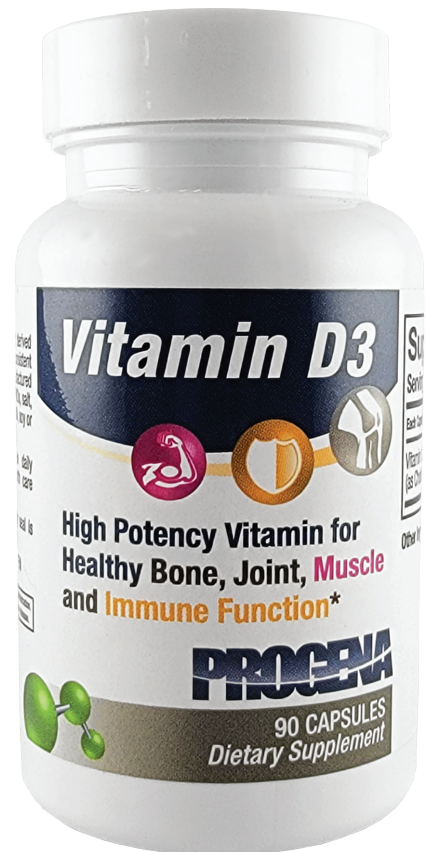
For Professional Use.

Specifically formulated nutritional product derived from ingredients quality controlled for consistent potency and safety. This product was manufactured in a GMP Certified facility. Contains no GMOs, salt, artificial colors or flavors, 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.



90 Capsules