

# Vitamin D

## 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, yeast, wheat, dairy, gluten, corn, soy, preservatives, artificial colors or flavors.

### SUGGESTED USE

As a dietary supplement, adults take one (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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