

# Vitamin A & D

10,000 IU & 400 IU

## DESCRIPTION

Vitamin A & D provides a rich source of two fat-soluble vitamins important for many biological and biochemical systems of the body.

## FUNCTIONS

Vitamin A is the name of a group of fat-soluble retinoids, including retinol, retinal, retinoic acid, and retinyl esters. It is involved in immune function, vision, reproduction, and cellular communication. Vitamin A is critical for vision as an essential component of rhodopsin, a protein that absorbs light in the retinal receptors, and because it supports the normal differentiation and functioning of the conjunctival membranes and cornea. Vitamin A also supports cell growth and differentiation, playing a critical role in the normal formation and maintenance of the heart, lungs, kidneys, and other organs.

Another important fat-soluble nutrient is Vitamin D yet, naturally present in very few foods. The active form of vitamin D is called cholecalciferol (a.k.a. D3) and is also produced endogenously when the skin is exposed to sunlight. Vitamin D is well known for promoting calcium absorption, maintain adequate serum calcium and phosphate concentrations, and promote bone growth and remodeling. But new research indicates that vitamin D also has other roles in the bodies including modulation of cell growth, neuromuscular and immune function, and reduction of inflammation. Many genes that regulate cell proliferation, differentiation, and apoptosis are modulated in part by vitamin D. Research indicates that a majority of people are vitamin D deficient.

## INDICATIONS

Vitamin A & D may be a useful dietary supplement for those who wish to fortify their diet with A and D and ensure optimal levels of these nutrients.

## SIDE EFFECTS

Warning: Consult a healthcare professional before taking Vitamin A & D if you are pregnant or breastfeeding. Do not exceed the recommended dose. This product contains retinol (Vitamin A) that can cause birth defects or other reproductive harm if taken in excessive amounts. This warning is in compliance with State of California Proposition 65.

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 #10148)

### 1 Softgel Contains:

Vitamin A (from fish liver oil)..... 10,000 IU  
Vitamin D (from fish liver oil)..... 400 IU  
Other Ingredients: softgel (gelatin, glycerin, and water), and soybean oil.

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

## SUGGESTED USE

Adults take 1 softgel capsule 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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