

# Vitamin D

1,000 IU

## DESCRIPTION

Vitamin D contains 1,000 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 may be a useful dietary supplement for those who wish to increase their daily D intake.

## SIDE EFFECTS

No adverse effects have been reported.

## FORMULA (WW #10157)

### 1 tablet contains:

Vitamin D3 ..... 1000 IU

Other Ingredients: cellulose, silica, and vegetable stearate.

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

This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take one (1) tablet 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

Backstrom MC, Maki R, Kuusela AL, Sievanen H, Koivisto AM, Ikonen RS, Kouri T, Maki M. Randomised controlled trial of vitamin D supplementation on bone density and biochemical indices in preterm infants. Arch Dis Child Fetal Neonatal Ed. 1999 May;80(3):F161-6

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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.