



Category 4
Vitamins



GOODFORYOU

GOOD FOR LIFE

Vitamin D-3

1000 IU 180 Softgels

#100365

Description: Vitamin D-3 is essential for the maintenance of healthy epithelial tissue, which is found in the eyes, skin, GI, and urinary tract. Vitamin D promotes calcium absorption and is transported to the bones.

Contents / Ingredients

Vitamin D is essential to the health of strong bones and teeth. For most people the main input is via the skin, where ultraviolet light from the sun converts a form of cholesterol into vitamin D. Vitamin D can also be obtained directly from the diet, in fish liver oils, egg yolks and fortified milk. However, if you're bundled in heavy clothing all winter, barely touch milk and live in the North, you may have decreased levels of vitamin D in your blood by springtime. Without vitamin D the body cannot properly utilize calcium. Consequently, bone health suffers and the bones deteriorate, lose calcium and are more susceptible to fractures. Thus, bones are more likely to break in winter and early spring, when the days are short, sunlight (and hence vitamin D) is scarce and calcium availability in the body is low.

Traditional Therapeutic Action

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin D3	1000 IU	250%

(as Cholecalciferol)

(*) Daily Values not established.

Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Olive oil, gelatin, glycerin, water.

Contains no yeast, gluten, sugar, salt, starch, wheat, milk, egg, shellfish or preservatives.

Vitamin D-3 softgels supply recommended levels of this key vitamin in a highly-absorbable liquid softgel form. Vitamin D is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, Vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply.

SUGGESTED DOSAGE: As a dietary supplement, take one softgel daily, preferably with meals.

CAUTION: Pregnant or lactating women should seek the advice of a physician before using this product. Do not exceed one softgel daily without the advice of a physician.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.