

VITAMIN D3

90
Capsules

Food Supplement

**SUPER STRENGTH BLEND WITH HERBALS,
VITAMINS AND MINERALS FOR A SHARP
FOCUS AND EXCELLENT MEMORY**

Vitamin D is a fat-soluble vitamin that's stored in the liver and fatty tissues. Vitamin D is somewhat different than other vitamins because our bodies make most of our vitamin D on their own, rather than exclusively depend on food sources.

Vitamin D3 offers a broad range of health benefits beyond its obvious role in bone health, as it may positively impact heart and arterial health, immune system function, maintenance of healthy glucose levels, and cognitive performance.

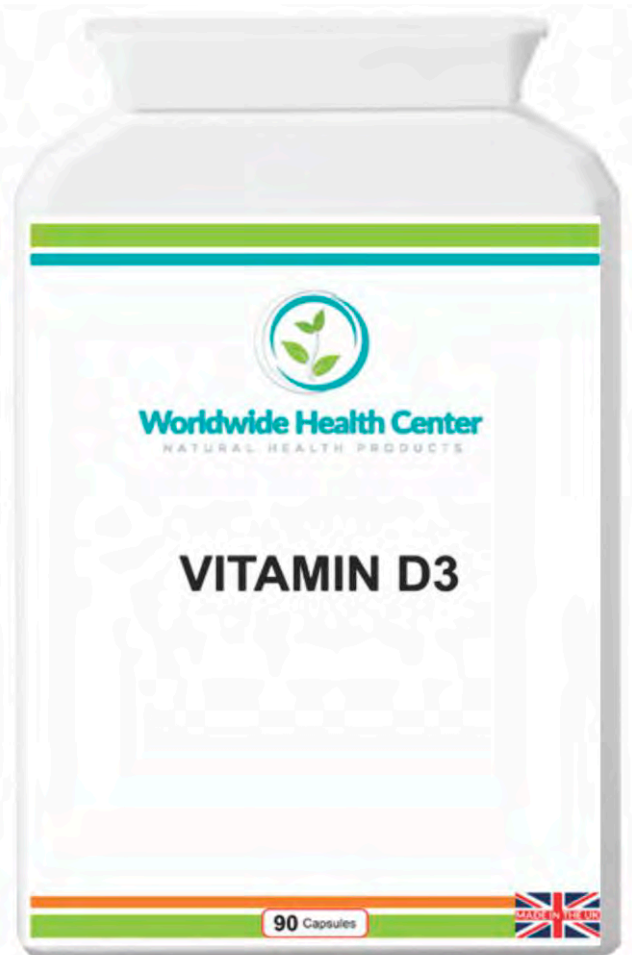
The way our bodies make vitamin D is to convert sunshine into chemicals that are used by the body. When Ultraviolet-B sunshine rays land on the skin, a substance in the skin called 7-dehydrocholesterol is literally converted into vitamin D3.

7-dehydrocholesterol or the cholesterol in our skin and very similar to cholesterol itself – converts “previtamin D” and makes it into usable vitamin D3, which is sometimes also called provitamin D. Previtamin D first travels through the kidneys and liver in the bloodstream and then is converted into a biologically active and usable substance called calcitriol.

There are two types of vitamin D. The first one is vitamin D2, also called ergocalciferol and the second is vitamin D3 (cholecalciferol). Vitamin D2 is created by irradiating yeast and other molds while Vitamin D3 is irradiating by animal oils and cholesterol. Our bodies are naturally making cholecalciferol which is Vitamin D3. It is more effectively in the body.

The precursor to vitamin D is found in both plant and animal products, but animal-derived products of vitamin D3 are thought to be more absorbable and beneficial. Studies showed that vitamin D is very crucial for the body functions.

Vitamin D deficiency is correlated with increased risks of development autoimmune diseases, hypertension and various infectious diseases. Several studies suggested that people with depression who received vitamin D supplements noticed an improvement in their symptoms. Another study published in the *American Journal of Clinical Nutrition* who investigated 200 overweight people who took a daily vitamin D supplementation improved their heart disease risk markers.



PRODUCT INFORMATION

Each capsule provides:

Vitamin D3 – 1000 IU

Ingredients: Capsule shell: hydroxypropyl methylcellulose (HPMC)(vegetarian), brown rice flour, anti-caking agent: magnesium stearate (magnesium salts of fatty acids) (vegetable source), vitamin D3 (Cholecalciferol)

Directions: Take 1 capsule, 1 to 3 times per day with food or as advised.

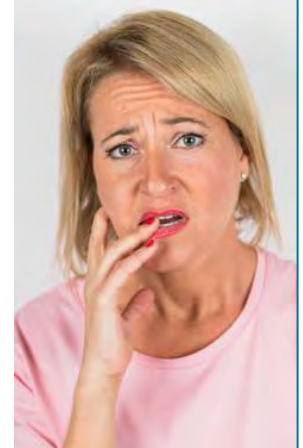
CAUTION:

- Do not exceed the recommended daily intake.
- Keep away from children.
- Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.
- Consult your doctor before taking supplements or changing your diet.

***These statements have not been evaluated by the FDA or EFSA. This product is not intended to diagnose, treat, cure or prevent any disease.**

VITAMIN D DEFICIENCY SYMPTOMS

- ✓ Weakness
- ✓ Chronic fatigue
- ✓ Depression
- ✓ Difficult sleeping
- ✓ Anxiety
- ✓ Weak or broken bones
- ✓ Weakened immune system
- ✓ Inflammation and swelling
- ✓ Autoimmune diseases
- ✓ Insomnia
- ✓ Fibromyalgia



BENEFITS OF VITAMIN D

- ✓ Contributes to bone health
- ✓ Helps Manage Blood Sugar Levels and Can Prevent Diabetes
- ✓ Combats Heart Disease
- ✓ Enhances the Immune System
- ✓ Facilitates Hormone Regulation and Helps Improve Mood
- ✓ Helps with Concentration, Learning and Memory

