

Vitamin D3



**LIFESTYLE
SPECTRUM**

Clinical Applications

- D3 (Cholecalciferol) provides 300% more potency than D2 (Ergocalciferol)
- Bone Health
- Support Musculoskeletal Comfort Dietary Deficiency/Limited Sunlight Exposure
- Repletion of Vitamin D with Depleting Drugs (eg. Steroids, Antacids, Barbiturates, Anticonvulsants, Calcium-Channel Blockers etc.)
- Modulation of Immune Function
- Chemoprotection, CV Risk Reduction

Vitamin D3 is provided as cholecalciferol, identical to the form in which it is derived in the body from cholesterol and synthesized by sunlight on the skin.

Vitamin D3 Meets or Exceeds cGMP quality Standards

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Vitamin D3

Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 120

	Amount Per Serving	%Daily Value
Vitamin D3 (Cholecalciferol)	2000 IU	500%

** Daily Value not established.

Other Ingredients: Soybean Oil, Gelatin, Glycerin and Water.

Dosing

Current understanding is that the physiological requirement of this fat-soluble vitamin may be as high as 4000 IU/day. This is less than half the amount the body would be able to synthesize on its own with full-body exposure to sunlight. Vitamin D3 is highly lipid-soluble, has a plasma half-life of about 19-25 hours, and a terminal half-life of weeks to months.

A study demonstrated that it is not necessary to dose vitamin D according to body fat content. Note: One microgram of cholecalciferol has 40 IU of Vitamin D activity. Thus, another way of expressing 400 IU of Vitamin D is 10 ug (micrograms) cholecalciferol.

Cautions

Drug interaction is theoretically possible with drugs that are cleared via glucuronidation.

Additional references available upon request

*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.

