

## Vitamin D<sub>3</sub> (5,000 I.U.)



### High-potency, 5,000 I.U.

Vitamin D is inadequate in many individuals and daily need appears to be higher than previously thought. Vitamin D's role in calcium metabolism and bone health is well known. However, it has many other important physiologic roles that are not as well appreciated. Vitamin D receptors are widely distributed in the body, including colon, prostate, breast and ovary, where it acts to inhibit the excessive growth of body cells and tissues and helps cells mature normally. Adequate amounts of vitamin D, an essential, fat-soluble vitamin, come from consistent exposure to sunshine and are difficult to obtain from dietary sources. Postmenopausal women, older individuals, and those with malabsorption, limited sun exposure, or certain illnesses may need higher intakes of vitamin D. Vitamin D<sub>3</sub>, the naturally-occurring form, is supplied in high-potency amount of 5,000 I.U. per capsule for those most at risk of the effects of seasonal declines in vitamin D status or with existing vitamin D deficiency.

**Suggested Use:** 1 capsule daily with food.

**VTD5** 100 Vcaps™ capsules ..... **\$6.00**

<b>Supplement Facts</b>		
Serving Size 1 Softgel		
<b>Amount Per Softgel</b>	<b>% Daily Value</b>	
Vitamin D3 (cholecalciferol)	5,000 I.U.	1250%

Other Ingredients: Vcaps™ vegetarian capsule, cellulose, water, silicon dioxide, and magnesium stearate.