



VITAMIN D 1,000 IU

Supports Bone, Cardiovascular,
and Immune Health*

Vitamin D 1,000 IU is a highly bioavailable form of vitamin D3 (cholecalciferol) providing 1000 IU per softgel. Vitamin D is a micronutrient with rather ubiquitous actions in the body. Examples of vitamin D's myriad functions in the body include supporting stress levels, bone health, skin health, heart health, and immune function.*¹

Much of the vitamin D we obtain comes from direct exposure to sunlight; thus, spending a significant amount of time indoors (and away from sunlight) can lead to low levels of vitamin D in the body. Supplementation with Vitamin D 1,000 IU can help ensure users obtain adequate amounts of this key micronutrient.*

How Vitamin D 1,000 IU Works

Vitamin D is a term that refers to a group of five fat-soluble vitamins that are classified as secosteroids, with research suggesting vitamin D3 (cholecalciferol) as being the most important form in humans.² Since we produce much of our natural vitamin D transdermally (through the skin) via sunlight exposure, it is imperative that oral supplementation of vitamin D comes in the form of D3; this is the most bioavailable form of vitamin D in a softgel, maximizing its absorption into the body.*³

Technically speaking, vitamin D3 is structurally similar to cholesterol and is converted via the liver and kidneys to its active form, calcitriol. Calcitriol goes on to perform a multitude of roles in the body and is particularly crucial for proper absorption of the minerals calcium, iron, magnesium, phosphate, and zinc. Calcitriol also supports and promotes bone growth and regeneration, as well as immune, cardiac, and neuromuscular functions.

It is crucial to obtain adequate amounts of vitamin D on a daily basis, as deficiency can lead to a host of health issues, including, but not limited to: rickets, fanconi syndrome, autoimmune diseases, non-alcoholic fatty liver disease, and osteoporosis.^{4,5}

Vitamin D 1,000 IU Supplementation

Given the importance of adequate vitamin D levels in the body and many people's lack of exposure to direct sunlight, Vitamin D 1,000 IU supplementation can help users in a variety of ways. The most relevant research-backed benefits derived from consumption of vitamin D3 include:^{6,7}

- Supports cardiovascular function*
- Supports healthy mood and stress levels*
- Supports bone and skin tissues*
- Supports immune function*



Form: 180 Softgels

Serving Size: 1 Softgel

Ingredients	Amount	%DV
Vitamin D3 (as cholecalciferol)	25 mcg (1,000 IU)	125%

Other Ingredients:

Safflower oil, gelatin, glycerin, water.

Directions:

Take one softgel daily as a dietary supplement, or as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



* 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.

References:

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3. Armas LA, Hollis BW, Heaney RP (November 2004). "Vitamin D2 is much less effective than vitamin D3 in humans". *J. Clin. Endocrinol. Metab.* 89 (11): 5387-91.
4. Heaney RP (December 2004). "Functional indices of vitamin D status and ramifications of vitamin D deficiency". *The American Journal of Clinical Nutrition.* 80 (6 Suppl): 1706S-9S.
5. Holick MF (December 2004). "Sunlight and vitamin D for bone health and prevention of autoimmune diseases, cancers, and cardiovascular disease". *The American Journal of Clinical Nutrition.* 80 (6 Suppl): 1678S-88S.
6. Vieth R (May 1999). "Vitamin D supplementation, 25-hydroxyvitamin D concentrations, and safety". *Am. J. Clin. Nutr.* 69 (5): 842-56.
7. Chung M, Balk EM, Brendel M, Ip S, Lau J, Lee J, Lichtenstein A, Patel K, Raman G, Tatsioni A, Terasawa T, Trikalinos TA; Balk; Brendel; Ip; Lau; Lee; Lichtenstein; Patel; Raman; Tatsioni; Terasawa; Trikalinos (August 2009). "Vitamin D and calcium: a systematic review of health outcomes". *Evidence report/technology assessment* (183): 1-420.