



## Product Information

# Vitamin D<sub>3</sub> 10,000 iu

### DESCRIPTION

Vitamin D<sub>3</sub> enhances calcium absorption and retention, a key nutritional role in supporting healthy bones, and may play a potential role in cardiovascular, colon and cellular health.

Vitamin D levels have been shown to decline with age, due primarily to a reduction in either absorption or metabolism by the liver. Decreased exposure to sunlight, a vegetarian diet, or a low intake of vitamin D fortified foods also play a role in inadequate vitamin D levels.

### FUNCTIONS

*Bone Health:* Vitamin D promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, essential mechanisms for maintaining proper calcium levels in the body and for healthy bone composition. Clinical studies involving vitamin D supplementation suggest the importance of vitamin D in addition to calcium for bone health. Vitamin D supplementation alone may also support bone health.\*

*Cardiovascular Support:* Vitamin D may also provide cardiovascular support for some individuals, which may be attributed to its effect on calcium metabolism or possibly by helping to maintain healthy plasma renin function.\*

*Cellular Health:* Studies suggest vitamin D supports colon health by promoting healthy cellular function. Vitamin D is also believed to provide general cellular support potential, including breast and prostate cells, in part by helping to maintain healthy angiogenesis balance, supporting immune cell activity and maintaining healthy cell metabolism. Preliminary

evidence suggests that vitamin D may also play a role in maintaining healthy glucose metabolism, since vitamin D receptors are present on the islet cells of the pancreas.\*

### SOURCE

Vitamin D<sub>3</sub> is derived from the cholesterol in lanolin, the fat found in wool. Hypoallergenic plant fiber is derived from pine cellulose. Medium chain triglycerides (Vitamin D<sub>3</sub> liquid only) are derived from coconut and palm oil.

### RECOMMENDATIONS

Adults take 1 capsule daily or as directed by physician.

### PRECAUTIONS

It is recommended that individuals using more than 2,000 iu vitamin D per day have their blood levels monitored. Large doses of vitamin D can cause hypercalcemia, signs include headache, weakness, nausea, vomiting, and constipation. Individuals with hyperparathyroidism or kidney disease are at particular risk. Vitamin D<sub>3</sub> 10,000 iu and Vitamin D<sub>3</sub> 5,000 iu and are not to be taken by pregnant or lactating women. If pregnant or lactating, consult your physician before taking Vitamin D<sub>3</sub> 400 iu or Vitamin D<sub>3</sub> 1,000 iu.

### DRUG INTERACTIONS

Vitamin D may result in hypercalcemia in certain individuals taking digoxin or thiazide diuretics. Consult your physician for more information.

(Continued on reverse)

## **FORMULA**

Each vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D3).....10,000 iu

other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**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.**

**Medical Wellness Associates**

**6402 Route 30**

**Jeannette, PA 15644**

**1-800-834-4325**

**[www.vitamincoach.com](http://www.vitamincoach.com)**

**Like us on Facebook!**

