

Where Science and Nature Come Together.®

FOODSCIENCE®
of Vermont

Vitamin D3 (1,000, 5,000 & 10,000 IU)

- A dietary supplement to promote the body's absorption of calcium and phosphorous, which are essential for the development and maintenance of healthy teeth and bones.*
- New research suggests that it may support immune system function by supporting healthy cell growth.*
- **Supports:**
 - Bone Health*
 - Calcium Balance*
 - Cardiovascular Function*
 - Healthy Cell Growth*
 - Immune System Modulation*

About Vitamin D:

- Vitamin D is a fat-soluble vitamin that is essential for maintaining normal calcium metabolism. Vitamin D3 (cholecalciferol) can be synthesized by humans in the skin upon exposure to ultraviolet-B (UVB) radiation from sunlight, or it can be obtained from the diet.

Calcium Balance:

- Maintenance of serum calcium levels within a normal range is vital for normal functioning of the nervous system, as well as for bone growth, and maintenance of bone density. Vitamin D is essential for the efficient utilization of calcium by the body.

Cardiovascular Support:

- Adequate vitamin D levels may be important for maintaining blood pressure within normal ranges.* Vitamin D also impacts heart health by supporting the body's natural cytokine production and vascular function*.

Cell Differentiation:

- Cellular proliferation is essential for growth and wound healing. Uncontrolled proliferation of damaged cells is unhealthy. Vitamin D inhibits uncontrolled proliferation and stimulates differentiation, which is the process of specializing cells for specific healthy functions.*

Immunity:

- Vitamin D is an immune system modulator to support healthy T Cell and macrophage responses.*

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving

Vitamin D3 (cholecalciferol) 1,000 IU

Other Ingredients: dicalcium phosphate, microcrystalline cellulose, silicon dioxide, magnesium stearate, croscarmellose sodium.

- **Contains: Fish oil (cod).**

- **Suggested Use:** As a dietary supplement, take 1 tablet daily.

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

Vitamin D3 (cholecalciferol) 5,000 IU

Other ingredients: vegetable cellulose, microcrystalline cellulose, vegetable stearate.

- **Suggested Use:** As a dietary supplement, take 1 capsule daily.

Supplement Facts

Serving Size: 1 ml

Amount Per Serving

Vitamin D3 (cholecalciferol) 10,000 IU

Other ingredients: glycerin, water and hydroxy lecithin.

- **Suggested Use:** As a dietary supplement, take 1/2-1 ml daily.

Warning: Individuals taking more than 2,000 IU per day should have their Vitamin D levels monitored. If you are pregnant or nursing, consult your health care practitioner before taking these or any nutritional product.

Sold Exclusively Through Retailers.

0300922.250 (250 Tablets) - 1,000 IU
0300438.120 (120 Capsules) - 5,000 IU
0300553.030 (30 Liquid Servings) - 10,000 IU

*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.

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