

# VITAMIN D3

Vitamin D3 is a necessary vitamin for hormone production, brain function, nerve health and healing. Studies have shown that people who take vitamin D3 on a consistent basis (daily or weekly) have higher immune system function. This powerful vitamin is also a metabolism booster and can help protect your body from things like heart disease, Alzheimer's, and dementia.



## CLINICAL APPLICATIONS

- ◆ Supports immune symptom function to fight disease
- ◆ Promotes healthy weight loss & cardiovascular health
- ◆ Vitamin D repletion in cases of deficiencies
- ◆ Boosts cognitive health & fights depression symptoms

## Discussion

Implementing vitamin D in your health routine can greatly impact your body and mind as a whole. Research suggests this vitamin affects development, mental health, and is key in your immune support.

Vitamin D is made within the skin when exposed to sunlight, which is why it is well-known as the "sunshine vitamin". There are two types of Vitamin D, both of which can be found in dietary supplements or fortified foods. Vitamin D2 (ergocalciferol) is well-known to be man-made and can be found in some plant sources. Vitamin D3 (cholecalciferol) is found in animal-based foods and is produced in the body. We use Vitamin D3 in our dietary supplements, as it is 90% more absorbable than Vitamin D2.

One of vitamin D's many roles is to circulate in the bloodstream and aid in absorption of calcium and phosphorus. If you have a deficiency, your body will pull calcium from your bones. Without the proper absorption of calcium, your bones will become weak and can even lead to conditions like osteoporosis.

## Supplement Facts

Serving Size: 1 Softgel  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin D3 (cholecalciferol)	125 mg (5000 IU)	625%

### Additional Information:

**(30 Softgels)** Organic, extra virgin olive oil and softgel (bovine gelatin, vegetable glycerin, and purified water).

Manufactured in a GMP compliant facility and strictly followed GMP standards. Each bottle meets the highest standards of safety, potency, and purity.

### Directions:

*Adults:* one to two capsules per day. *Children:* one capsule every three days. We suggest taking D3 with food, preferably a lunchtime meal.

### Storage:

Best stored at 20-25 Celsius (68°F to 77°F). Keep it away from exposure to direct sunlight, high heat, and high humidity.

### Pairs well with:

Wellness Warrior brand Zinc, Digest, or Boost Pack.

