



Vitamin D 5000 IU

DESCRIPTION

Vitamin D 5000 IU contains 5,000 I.U. of natural vitamin D3 per tablet.

FUNCTIONS

Vitamin D, also known as the “sunshine vitamin” is an essential vitamin that plays many important roles in the proper functioning of the body. Though classified as a vitamin, vitamin D is actually a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy plasma calcium levels.[†] Besides bone support, vitamin D has many other roles in the body, including modulation of cell growth, neuromuscular and immune function.[†]

Numerous scientists now feel that supplementation with vitamin D at levels greater than previously thought necessary is critical to helping maintain healthy bone remodeling and healthy vitamin D plasma levels.[†]

INDICATIONS

Vitamin D 5000 IU may be a useful dietary supplement for those individuals wishing to support general health or whose requirements for vitamin D cannot be met by lower potency products.

SUGGESTED USE

Adults take one tablet daily or as directed by physician.

SIDE EFFECTS

No adverse side effects have been reported.

Note: People consuming more than 2,000 IU per day should have their vitamin D blood levels monitored by a healthcare professional.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

FORMULA (#200562)

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 100

	Amount Per Serving	%DV
Vitamin D ₃	125 mcg (5,000 IU)	625%
(as cholecalciferol)		
%Daily Value (DV)		

Other ingredients: Microcrystalline cellulose, calcium carbonate, croscarmellose sodium, stearic acid, coating (hypromellose, glycerin), silica and vegetable stearate

REFERENCES

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[†] 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.