



PERSONAL TRAINING STUDIO

Vitamin D3

Vitamin D3 - sometimes called the “sunshine vitamin” -- is important for overall health as well as strong and healthy bones.

It’s also been shown to be an important factor in ensuring muscles, heart, lungs and brain function.

The human body can make its own **Vitamin D** from sunlight. It also can be obtained from supplements -- and a very small amount comes from food.

The **Vitamin D** absorbed from sunlight -- and the **Vitamin D** from supplements -- must be **converted** by the body a number of times before it can be used.

Once converted within the body, it’s used to manage the amount of calcium in your blood, bones and gut and to help all body cells to communicate properly.

The link between **Vitamin D** and strong healthy bones was discovered many years ago when researchers realized **sunlight**, which allows you to produce **Vitamin D**, or taking **cod liver oil**, which contains **Vitamin D**, helped to prevent a bone condition called **rickets** in children.

Today, **Vitamin D** is seen as a vital part of good health and is important for many functions beyond bone health.

Recent research is now showing that **Vitamin D** may be important in preventing and treating a number of serious long term health problems.

For example, a lack of **Vitamin D** has also been linked to conditions such as **cancer, asthma, type-II diabetes, high blood pressure, depression, Alzheimer’s** and **autoimmune diseases** like **multiple sclerosis, Crohn’s** and **type-I diabetes**.

Vitamin D has been shown to help with:

- Immune System Function
- Muscle Function
- Cardiovascular Function
- Respiratory System Function
- Brain Development
- Anti-cancer Effects

Vitamin D food sources:

- Salmon
- Sardines
- Egg yolk
- Shrimp
- Milk (fortified)
- Cereal (fortified)
- Yogurt (fortified)
- Orange juice (fortified)

Supplement Facts

Serving Size 1 Softgel
Servings per Container 250

Amount Per Serving	% Daily Value
Vitamin D (as D3 Cholecalciferol)	2,000 IU 500%*

*Percent Daily Values are based upon a 2,000 calorie diet.

†Daily Value not established

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Vegetable Oil, Purified Water.

Directions: For adults, take one (1) to two (2) softgels daily, preferably with a meal.

**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.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. **Allergen: Contains Soy.**

NO Artificial Color, Flavor or Sweetener, **NO** Preservatives, **NO** Sugar, **NO** Starch, **NO** Milk, **NO** Lactose, **NO** Gluten, **NO** Wheat, **NO** Yeast, **NO** Fish. Sodium Free

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