

Immunity Balance And Women's Health*

Natural Vitamin D³
5,000 IU

Description

Vitamin D is a group of fat-soluble prohormones, the two major forms being vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol). Vitamin D3 is produced in skin exposed to sunlight. Its major biologic function is to maintain healthy blood levels of calcium and phosphorus. The vitamin supports bone health by promoting calcium absorption and bone mineralization. It also supports immune function and helps to regulate cell growth and differentiation.*

Features & Benefits

- Necessary for bone and dental health*
- Promotes calcium and magnesium absorption*
- Supports immune function and immune balance*
- Important for the regulation of cell growth and differentiation*
- May support vascular health*

Suggested Usage

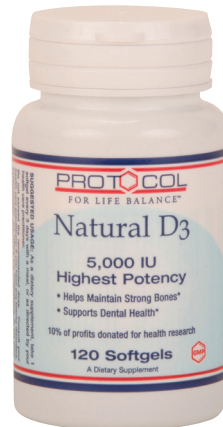
As a dietary supplement, take one softgel every three days with a meal or as directed by your health care practitioner.

Allergen Checklist

Contains no sugar, salt, starch, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.

Cautions/ Interactions

Although the Upper Limit for Vitamin D is 2,000 IU per day, comprehensive research demonstrates that higher dosages are safe. However, this product should be taken under the supervision of a health care professional. Vitamin D should be used cautiously by those taking cardiac glycosides and anyone with hypercalcemia.



Technical Summary

The major biologic function of vitamin D is to maintain healthy blood levels of calcium and phosphorus. By promoting calcium absorption, Vitamin D helps to form and maintain strong bones. Vitamin D also works in concert with a number of other vitamins, minerals, and hormones to promote bone mineralization. In addition, Vitamin D plays an important role in immune function and helps to regulate cell growth and differentiation.* Vitamin D3 softgels supply this key vitamin in a highly absorbable liquid softgel form.

Mechanisms of Action

The physiologically active form of vitamin D (calcitriol) is released into the circulation and upon binding to a carrier protein in the plasma, vitamin D binding protein (VDBP), is transported to various target organs. The hormonal form of vitamin D, 1 α ,25-dihydroxyvitamin D₃ (1 α ,25(OH)₂ D₃), is known to initiate responses from at least 38 different cell types that possess the vitamin D receptor (VDR). The VDR is a nuclear receptor / transcription factor and influences cell proliferation and differentiation, immune response, as well as regulation of calcium, magnesium and phosphorus uptake and serum levels and the deposition of minerals into bone.^{1, 3-9, 11} Vitamin D presently is being researched for its impact on inflammation, diabetes and cardiovascular disease.^{6, 10, 12} There is increasing controversy as to whether D2 (ergocalciferol) is a good substrate for transformation into the vitamin's active form, in contrast to D3 (cholecalciferol), the "natural" vitamin D.^{2*}

Clinical Applications

The primary applications of vitamin D supplementation are 1) the promotion of bone and dental health^{3-5,7}, and 2) the support of immune function and balance.⁸⁻⁹ Emerging science suggests that vitamin D status may be important for cardiovascular health and for proper glycemic control.^{6,12}

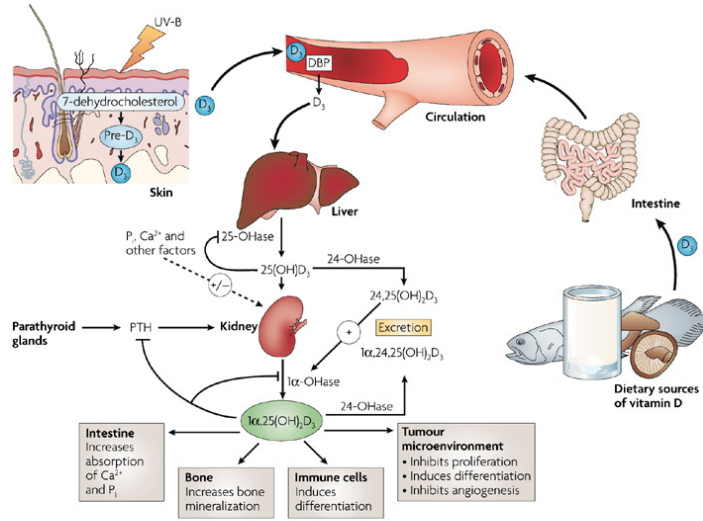


FIGURE 1 | Vitamin D metabolism.

Figure 1 Vitamin D Metabolism
(Deeb KK, Trump DL, Johnson CS. Vitamin D signalling pathwaysNat Rev Cancer. 2007 Sep;7(9):684-700.)

Complementary Products

Omega-3 (P1657) for immune balance; **Bone Strength™ (P1228)** for bone health.*

Supplement Facts		P0372
Serving Size: 1 Softgel		
Servings Per Container: 120		
		Amount Per Serving
Vitamin D3 (as Cholecalciferol)		5,000 IU

Other ingredients: Softgel Capsule (gelatin, glycerin, water and enteric coating).

Contains fish (sardines, anchovies, mackerel) and soy derivatives. Contains no sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg, shellfish or preservatives.

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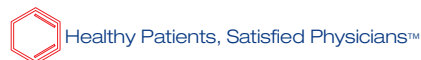
Formulated by doctors and clinical scientists exclusively for licensed healthcare practitioners. Manufactured in an A-rated Good Manufacturing (GMP) Certified facility.



Protocol For Life Balance™

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*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.