

## Vitamin D 5,000 I.U.

### DESCRIPTION

Vitamin D, provided by Douglas Laboratories, 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.

### FORMULA (#200562)

Each Tablet Contains:

Vitamin D<sub>3</sub>.....5,000 IU

### 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.

### 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.

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Your patients trust you.**

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