

# Vitamin D 5,000 IU

*By Design*



## DESCRIPTION

Vitamin D 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 and inflammatory support.

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 5,000 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 (WW #10252)

### 1 Softgel Capsule Contains:

Vitamin D-3 ..... 5,000 I.U.  
(as cholecalciferol)

Other Ingredients: Softgel (gelatin, glycerin and water), virgin olive oil.

Contains No sugar, salt, yeast, wheat, dairy, gluten, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take one (1) softgel daily with meals, or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

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

## REFERENCES

- Backstrom MC, Maki R, Kuusela AL, Sievanen H, Koivisto AM, Ikonen RS, Kouri T, Maki M. Randomised controlled trial of vitamin D supplementation on bone density and biochemical indices in preterm infants. Arch Dis Child Fetal Neonatal Ed. 1999 May;80(3):F161-6.
- Brenner S, Horwitz C. Possible nutrient mediators in psoriasis and seborrheic dermatitis. II. Nutrient mediators: essential fatty acids; vitamins A, E and D; vitamins B1, B2, B6, niacin and biotin; vitamin C selenI.U.m; zinc; iron. World Rev Nutr Diet 1988;55:165-182.
- Gillespie WJ, Henry DA, O’Connell DL, Robertson J. Vitamin D and vitamin D analogues for preventing fractures associated with involutional and post-menopausal osteoporosis. Cochrane Database Syst Rev. 2000;(2):CD000227. Vitamin D 5,000 I.U.
- Recker RR, Davies KM, Dowd RM, Heaney RP. The effect of low-dose continuous estrogen and progesterone therapy with calcium and vitamin D on bone in elderly women. A randomized, controlled trial. Ann Intern Med. 1999 Jun 1;130(11):897-904.
- Reid IR. The roles of calcium and vitamin D in the prevention of osteoporosis. Endocrinol Metab Clin North Am. 1998 Jun;27(2):389-98.
- Stallings VA. Calcium and bone health in children: a review. Am J Ther. 1997 Jul-Aug;4(7-8):259-73.
- Swaminathan R. Nutritional factors in osteoporosis. Int J Clin Pract. 1999 Oct-Nov;53(7):540-8. 22.

Manufactured For: Eastern States Compounding Pharm.  
338 Union St.  
Littleton, NH 03561  
603.444.0094

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.