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Vitamin D3
5,000 IU, 60 capsules
Item Catalog Number: 713

Vitamin D has long provided significant support for healthy bone density. Over the past year, however, scientists have validated the critical role that vitamin D plays in regulating cell division and differentiation. These new findings link a deficiency of vitamin D to a host of common age-related maladies. As a result of this new research and startling evidence of widespread vitamin D deficiency, prominent nutritional scientists are calling on Americans to increase their vitamin D intake to 1000 IU per day and higher. The current RDA, however, is only 400 IU.

Vitamin D3 is synthesized in the body from sunlight. However, the winter season, weather conditions, and sunblocks inhibit the body's ability to produce optimal levels of vitamin D. All of these factors point to the value of taking a daily supplement to ensure optimal vitamin D intake.

For those who need to take very high doses of vitamin D3 and are under a physician's supervision, Life Extension now makes available a 5000 IU vitamin D3 supplement.

Supplement Facts

Serving Size 1 tablets
Servings Per Container 60
Amount Per Serving
Vitamin D3 (as cholecalciferol) 5000 IU
Other ingredients: dicalcium phosphate, magnesium stearate, silica.
Contains corn. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule daily with a fat containing, low fiber meal, or as recommended by a healthcare practitioner.

Caution

To be taken under a physician's supervision. Monthly blood tests are suggested when taking this 5000 IU vitamin D supplement to guard against a very low risk of kidney toxicity or hypercalcemia (excess calcium in the blood).

Do not use if taking digoxin or any cardiac glycoside. Use of thiazides and high dose vitamin D may cause hypercalcemia. Hypercalcemia can result in calcification of soft tissues such as kidney, blood vessels, heart, and lungs.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please inform your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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