



Vitamin D3 5,000

Indicated for Daily Support

The best source for Vitamin D is the sun, but here in Idaho it is hard to get enough sun (ultraviolet B rays) because of our latitude. There are only 3 months of the year (the summer months) when Vitamin D is easier to absorb. Lying out in the sun for 30 minutes a day without sunscreen will help increase Vitamin D levels, but only during those 3 months. Always remember that there is always a balance in the amount of sun exposure; maintaining this balance ensures receiving the benefits, but not the risks of too much sun.

Suggested Use

Take 1 capsule daily or as directed by a qualified health professional.

Quantity: 100 Capsules.

Other Ingredients

Calcium Carbonate, Magnesium Stearate & Gelatin Capsule.

Vitamin D also is the key to calcium absorption, so increasing your Vitamin D levels will increase your calcium absorption. Getting too much calcium can cause damage to the kidneys, so **if you are taking extra calcium you may need to adjust your intake**, since better Vitamin D levels will help you absorb the calcium in the foods you eat.



Many research studies have confirmed the importance of **adequate Vitamin D to help attain optimal health**. When Vitamin D is at a good level, almost all organ systems of the body function better and are **less likely to have problems, particularly the brain, bone, breast, and immune systems**.

The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.