

*The optimal daily dose to support
bone density, immune health & more*

Vitamin D3, 5,000 IU

Vitamin D3 supports healthy bone density. But it also plays an essential role in regulating healthy cell division and significantly affects your immunity. No wonder a vitamin D deficiency is linked to so many common health problems.

Vitamin D3 is made in your skin when you're exposed to ultraviolet-B (UVB) radiation from sunlight. But bad weather and the use of a sunblock can limit your ability to produce enough vitamin D for all your health needs. And it can be found only in small amounts in fatty fish (salmon, tuna, herring, sardines) and fortified foods like dairy products, juices, and cereals.

The solution is to supplement daily. Ideally you want to achieve a 25-hydroxy vitamin D blood level of between 50–80 ng/mL ... which is easily measured with a vitamin D blood test. The current RDA is 600 IU. But since more and more scientific evidence points to a nearly epidemic vitamin D deficiency among adults, most experts now recommend supplementing with 1,000 to 10,000 IU daily. So 5,000 IU is a very smart choice.

Item: FH0130 | 5,000 IU • 60 softgels



INGREDIENTS

Serving Size 1 softgel

Servings Per Container 60

Amount Per Serving

Vitamin D3 (as Cholecalciferol)	5,000 IU
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Other ingredients: safflower oil, gelatin, glycerin, purified water.

DIRECTIONS

- Take one softgel daily with food, or as recommended by a healthcare practitioner.

CAUTION

- Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement.
- Do not exceed 10,000 IU per day unless recommended by your doctor.
- Vitamin D supplementation is not recommended for individuals with high blood calcium levels.