

# Vitamin D<sub>3</sub> (vegan)

Vegan vitamin D<sub>3</sub> from organic algae to support musculoskeletal, cardiovascular, neurocognitive, cellular, and immune health<sup>†</sup>

## INDICATIONS

- Individuals ages 4 and up following a vegan diet

## BENEFITS

- Supports bone health by reducing urinary calcium loss and promoting intestinal calcium and phosphorous absorption<sup>†</sup>
- Promotes overall cardiovascular health, in part by targeting cytokine balance<sup>†</sup>
- Maintains healthy cellular function, including colon, breast and prostate cell health<sup>†</sup>
- Supports healthy immune cell activation<sup>†</sup>

## FEATURES

- Offers organic vegan vitamin D<sub>3</sub>, certified by the UK Vegan Society
- 50 mcg (2,000 IU) per capsule
- Small capsules

## VERIFIABLE SCIENCE

Pure Encapsulations vitamin D<sub>3</sub> (vegan) is derived from organic algae. It is produced through a multistep process involving extraction, purification and concentration resulting in a vitamin D<sub>3</sub> cholecalciferol with the same molecular structure and conformation as lanolin and fish oil-derived cholecalciferol. Research indicates that optimal vitamin D serum levels offer support for bone, breast, prostate, cardiovascular, colon and immune health.<sup>1-6†</sup>

## SUGGESTED USE

As a dietary supplement, take 1-2 capsules daily, or as directed by a health professional. Consume with food.

## STORAGE

Store in a cool, dry place.

## WARNING

It is recommended that individuals taking more than 50mcg (2,000 IU) vitamin D per day have their blood levels monitored. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

Vegan vitamin D<sub>3</sub> is derived from algae. Hypoallergenic plant fiber is derived from pine cellulose.

## NOTES

Size 3 caps

Bottle count 120

Order code VD3V1

Bottle size 120 cc

## REFERENCES

1. Bischoff-Ferrari HA, et al. JAMA. 2005 May 11;293(18):2257-64.
2. Garland CF, et al. J Steroid Biochem Mol Biol. 2007 Mar;103(3-5):708-11.
3. Schenk JM, et al. Cancer Epidemiol Biomarkers Prev. 2014 Aug;23(8):1484-93.
4. Dobnig H, et al. Arch Intern Med. 2008 Jun 23;168(12):1340-9.
5. Ahearn TU, et al. Cancer Res. 2011 Jan 15;71(2):413-23.
6. Hossein-nezhad A, et al. PLoS One. 2013;8(3):e58725.

## SUPPLEMENT FACTS

**1-2 capsules daily, with food**

**One (size 3) capsule contains:**

Vitamin D (as cholecalciferol) (D<sub>3</sub>) 50 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.**



Vitamin D <sub>3</sub> (vegan)	Quantity	Order Code
	120	VD3V1

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