

Vitamin D₃

Supports musculoskeletal, cardiovascular, neurocognitive, cellular and immune health[†]

INDICATIONS

- Ages 18 and up
- Bone, immune and cellular health[†]

BENEFITS

- Supports musculoskeletal and immune health, including healthy bone composition[†]
- Promotes intestinal calcium and phosphorous absorption[†]
- Promotes cellular health, including support for breast and prostate tissue[†]
- Supports colon health by promoting healthy cellular function[†]

FEATURES

- Available in both capsule and liquid forms
- Made with high-quality ingredients backed by verifiable science

VERIFIABLE SCIENCE

Vitamin D promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, essential mechanisms for maintaining proper calcium levels in the body and healthy bone composition.¹ Research indicates that it also promotes cellular health, including support for breast and prostate tissue, in part by helping to maintain healthy blood vessel function, supporting immune cell activity and maintaining healthy cell metabolism.²⁻⁴ A role for vitamin D in supporting colon health by promoting healthy cellular function also has been suggested.⁵ Vitamin D's role in immune health has long been established; vitamin D receptors are found in a number of immune cells, including lymphocytes and macrophages, maintaining healthy immune cell activation.⁶ Vitamin D also supports cardiovascular function in some individuals.⁷ Liquid vitamin D₃ is offered in a base of medium-chain triglycerides to support absorption.[†]

SUGGESTED USE

Vitamin D₃ 400 IU (10 mcg): As a dietary supplement, take 1-5 capsules daily, or as directed by a health professional. Consume with food.

Vitamin D₃ 1,000 IU (25 mcg): As a dietary supplement, take 1-5 capsules daily, or as directed by a health professional. Consume with food.

Vitamin D₃ 5,000 IU (125 mcg): As a dietary supplement, take 1 capsule daily, or as directed by a health professional. Consume with food.

Vitamin D₃ 10,000 IU (250 mcg): As a dietary supplement, take 1 capsule daily for up to five days per week, with a meal, or as directed by a health professional.

Vitamin D₃ liquid: As a dietary supplement, take 1-7 drops daily, or as directed by a health professional. Consume with food.

STORAGE

Store in a cool, dry place.

WARNING

Vitamin D₃ 400 IU (10 mcg), 1,000 IU (25 mcg) and 5,000 IU (125 mcg): Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.

Vitamin D₃ 10,000 IU (250 mcg): For short-term or intermittent use only. Consult a health professional before use. Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

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

Vitamin D₃ liquid: CAUTION: Accidental overdose of liquid Vitamin D products can lead to serious adverse side effects in infants. THIS PRODUCT IS NOT INTENDED FOR INFANTS. The recommended daily dose of Vitamin D for infants is 10 mcg (400 IU). This product delivers 25 mcg (1,000 IU) of vitamin D per serving. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored. If you are pregnant or lactating, have any health

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condition or are taking any medication, consult your health professional before use.

SOURCE

- Vitamin D₃ is derived from the cholesterol in lanolin, the fat found in wool
- Hypoallergenic plant fiber is derived from pine cellulose
- Medium chain triglycerides (Vitamin D₃ liquid only) are derived from coconut and palm oils

NOTES

Size 3 caps, Liquid 1 drop (approximately 0.03 ml)

Bottle counts 120, 250, 10 ml (liquid)

Order codes VD1 (10 mcg), VD11, VD12, VD16 (25 mcg), VD56, VD51, VD52 (125 mcg), VD106, VD101 (250 mcg), VDL (liquid)

Bottle sizes 120 cc, 190 cc

REFERENCES

1. Dawson-Hughes B, et al. *N Engl J Med.* 1997 Sep 4;337(10):670-6.
2. Bischoff-Ferrari HA, et al. *Arch Intern Med.* 2006 Feb 27;166(4):424-30.
3. Wyon MA, et al. *J Sci Med Sport.* 2014 Jan;17(1):8-12.
4. Garland CF, et al. *Am J Public Health.* 2006 February; 96(2): 252–261.
5. Fedirko V, et al. *Cancer Epidemiol Biomarkers Prev.* 2010 Jan;19(1):280-91.
6. Fedirko V, et al. *Cancer Epidemiol Biomarkers Prev.* 2010 Jan;19(1):280-91.
7. Giovannucci E, et al. *Arch Intern Med.* 2008 Jun 9;168(11):1174-80.

SUPPLEMENT FACTS

1-5 capsules daily. Consume with food.

Each (size 3) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D₃) 10 mcg (400 IU)

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



Vitamin D ₃ 10 mcg (400 IU)	Quantity	Order Code
	120	VD1

1-5 capsules daily. Consume with food.

Each (size 3) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D₃) 25 mcg (1,000 IU)

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. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.



Vitamin D ₃ 25 mcg (1,000 IU)	Quantity	Order Code
	250	VD12
	120	VD11
	60	VD16

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D₃) 125 mcg (5,000 IU)

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

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.



Vitamin D ₃ 125 mcg (5,000 IU)	Quantity	Order Code
	250	VD52
	120	VD51
	60	VD56

[†]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.

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1 capsule daily for up to five days per week, with a meal, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D₃) 250 mcg (10,000 IU)

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

For short-term or intermittent use only. Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.

Multivitamins, Vitamins & Minerals



Vitamin D ₃ 250 mcg (10,000 IU)	Quantity	Order Code
	120	VD101
	60	VD106

1-7 drops daily, with a meal, or as directed by your health professional.

Serving size: 1 drop (approximately 0.03 ml)

Servings per container: approximately 750

One drop contains:

Vitamin D (as cholecalciferol) (D₃) 25 mcg (1,000 IU)

Other ingredients: medium chain triglycerides

CAUTION: Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. This product is not intended for infants. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU) per day. This product provides 25 mcg (1,000 IU) per drop.

It is recommended that individuals taking more than 50 mcg (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.



Vitamin D ₃ liquid	Quantity	Order Code
	22.5 ml (0.75 fl oz)	VDL

Visit PureEncapsulationsPro.com for more information about our GMO policy.

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