

VITAMIN D3

THE VITAMIN FOR OVERALL GOOD HEALTH

Vitamin D is an important vitamin for maintaining the good health of bones and teeth and is required to help our bodies absorb calcium. We get most of our vitamin D from sunlight, and although we can get some from food, such as oily fish, eggs and meat, it difficult to get enough vitamin D from food alone.

VITAMIN D FROM SUN EXPOSURE

Our bodies are designed to meet its vitamin D needs by producing it when our bare skin is exposed to sunlight. The part of the sun's rays that is important is ultraviolet B (UVB). This is the most natural way to get vitamin D.

Large amounts of vitamin D3 (cholecalciferol) are made in our skin when we expose our body to summer sun. Vitamin D3 then travels in the bloodstream to the liver, where it is made into calcidiol. This is important, as this is what's often measured in the blood as 'vitamin D deficiency'. Further changes then take place, so vitamin D can then get to work on your body cells and tissues.

It's no surprise then with sunshine being the main promoter of vitamin D levels, that many people in the UK don't have enough.

VITAMIN D TOO LOW?

Without enough vitamin D children can be at risk of developing rickets, which causes weak and badly formed bones. In adulthood and later life, not getting enough vitamin D can lead to osteomalacia (softening of the bones).

Some people in England have low vitamin D levels, and several groups are at greater risk of deficiency. These include pregnant and breastfeeding women, children under 5 years of age, people aged 65 and over, and people who are not exposed to much sun, for example, those who cover their skin, are housebound or who stay indoors for long periods. People who have darker skin, such as people of African, African-Caribbean and South Asian origin, are also at risk of vitamin D deficiency because it takes their skin longer to produce as much vitamin D as it does for someone with lighter skin. Also, night shift workers and those who live in areas of high air pollution are more at risk to be being deficient in vitamin D.

VITAMIN D3 SUPPLEMENTATION

Vitamin D supplementation helps to prevent vitamin D deficiency, which is important, as this vitamin is a factor in the maintenance of good health. Vitamin D has many roles - it helps in the development and maintenance of bones, muscle, and teeth, and the absorption and use of calcium and phosphorus, it also contributes to the normal function of the immune system and inflammation response.

Ingredients: Vitamin D3 (cholecalciferol). Bulking agents; dicalcium phosphate, microcrystalline cellulose, stearic acid, anti-caking agents; magnesium stearate, croscarmellose, sodium.

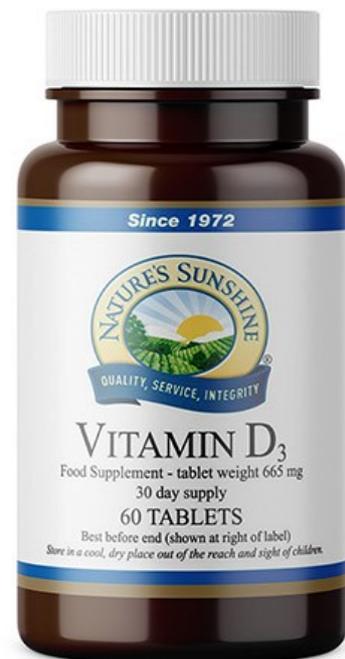
Take one tablet daily with a meal one or two times daily

Product Code 1155 (60 tablets)

Suitable for vegetarians

KOSHER

GENERAL NUTRITION, STRUCTURAL



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