VITAMIN D

Vitamin D is an essential fat-soluble vitamin (meaning it is absorbed better alongside a source of fat from the diet) naturally present in few foods and produced in the body with sunlight exposure.

BONES AND TEETH Vitamin D aids in the absorption of calcium, maintains adequate calcium and phosphate concentration in the blood to enable normal bone mineralization and helps keep bones from becoming thin and brittle.

IMMUNE SUPPORT Vitamin D receptors are found all over the body, including in most immune cells. It helps to regulate the body’s immune response.

MUSCLE HEALTH Low levels of Vitamin D can cause muscle weakness, pain and loss of muscle strength. Adequate levels of Vitamin D can reduce muscle pain and increase function and strength.

OPTIMAL INTAKE AND DAILY NEEDS

MEN AND WOMEN:
- 1500 - 2000 IU (37.5 - 50 mcg) /day (maintenance)*
- 6000 IU (150 mcg) / day (clinically diagnosed deficiency)*

CHILDREN & ADOLESCENTS
- 1000 IU (25 mcg)*

SOURCES

Vitamin D is made by the skin when we’re exposed to sunlight.
- At least 15 minutes of full sun exposure
- 3 oz trout = 645 IU (16.2 mcg)
- 3 oz salmon = 570 IU (14.2 mcg)
- 1 cup fortified milk = 120 IU (2.9 mcg)

Many factors affect the amount of Vitamin D your body can produce from the sun. Those who wear sunscreen, live in colder climates, work indoors or have darker skin may not produce enough Vitamin D to meet needs.

95% of Americans are not meeting their Vitamin D needs from food alone.

NUTRIENT SHORTFALLS

When you take Vitamin D from Nature Made, you can rest assured that you’re getting quality vitamins from the #1 Pharmacist Recommended Vitamin and Supplement Brand.**

Nature Made’s Vitamin D line contains the body’s preferred form of Vitamin D₃, and comes in a variety of doses and options, including easy to swallow softgels and great tasting gummies, for the entire family.

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This information is only for educational purposes and is not medical advice or intended as a recommendation of any specific product(s).
Consult your health care provider for more information.
*Recommended by the Endocrine Society, RDA = 600 IU (15 mcg) ages 1 - 70, 800 IU (20 mcg) / day ages 71+
**Based on a survey of pharmacists who recommend branded vitamins and supplements.
References: National Institute of Health, NHANES, additional references available upon request.

VITAMIN D RECEPTORS ARE FOUND THROUGHOUT YOUR BODY.

THYROID
HEART
LUNGS
BRAIN
GUT
HEART
IMMUNE SYSTEM
LIVER
MUSCLES
BONES

D₃

Vitamin D comes in two forms: D₂ & D₃. Vitamin D₃ is the preferred form for raising and maintaining adequate levels of circulating Vitamin D in the body.