



# HEALTHY D

A DIETARY SUPPLEMENT

A dietary supplement to promote the body's absorption of calcium and phosphorous, which are essential for the development and maintenance of healthy teeth and bones.\*

New research suggests that it may support immune system function by supporting healthy cell growth.\*

#### Supports:

- Bone Health\*
- Calcium Balance\*
- Cardiovascular Function\*
- Healthy Cell Growth\*
- Immune System Modulation\*

#### About Vitamin D:

- Vitamin D is a fat-soluble vitamin that is essential for maintaining normal calcium metabolism. Vitamin D3 (cholecalciferol) can be synthesized by humans in the skin upon exposure to ultraviolet-B (UVB) radiation from sunlight, or it can be obtained from the diet.

#### Calcium Balance:

- Maintenance of serum calcium levels within a normal range is vital for normal functioning of the nervous system, as well as for bone growth, and maintenance of bone density. Vitamin D is essential for the efficient utilization of calcium by the body.

#### Cardiovascular Support:

- Adequate vitamin D levels may be important for maintaining blood pressure within normal ranges.\* Vitamin D also impacts heart health by supporting the body's natural cytokine production and vascular function\*

#### Cell Differentiation:

- Cellular proliferation is essential for growth and wound healing. Uncontrolled proliferation of damaged cells is unhealthy. Vitamin D inhibits uncontrolled proliferation and stimulates differentiation, which is the process of specializing cells for specific healthy functions.\*

#### Immunity:

- Vitamin D is an immune system modulator to support healthy T Cell and macrophage responses.\*

#### Supplement Facts

**Serving Size: 1 Capsule**

**Amount Per Serving**

Vitamin D3 (as cholecalciferol) 5,000 IU

Other ingredients: vegetable cellulose, microcrystalline cellulose, vegetarian leucine.

**Warning:** Individuals taking more than 2,000 IU per day should have their vitamin D levels monitored. If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take 1 capsule daily, or as directed by your healthcare practitioner.

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