



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

### What Is It?

Vitamin D<sub>3</sub> enhances calcium absorption and retention, a key nutritional role in supporting healthy bones, and may play a potential role in cardiovascular, colon and cellular health. Vitamin D levels have been shown to decline with age, due primarily to a reduction in either absorption or metabolism by the liver. Decreased exposure to sunlight, a vegetarian diet, or a low intake of vitamin D fortified foods also play a role in inadequate vitamin D levels.

### Uses For Vitamin D<sub>3</sub>

**Bone Health:** Vitamin D promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, essential mechanisms for maintaining proper calcium levels in the body and for healthy bone composition. Clinical studies involving vitamin D supplementation suggest the importance of vitamin D in addition to calcium for bone health. Vitamin D supplementation alone may also support bone health.

**Cardiovascular Support:** Vitamin D may also provide cardiovascular support for some individuals, which may be attributed to its effect on calcium metabolism or possibly by helping to maintain healthy plasma renin function.

**Cellular Health:** Studies suggest vitamin D supports colon health by promoting healthy cellular function. Vitamin D is also believed to provide general cellular support potential, including breast and prostate cells, in part by helping to maintain healthy angiogenesis balance, supporting immune cell activity and maintaining healthy cell metabolism. Preliminary evidence suggests that vitamin D may also play a role in maintaining healthy glucose metabolism, since vitamin D receptors are present on the islet cells of the pancreas.

### What Is The Source?

Vitamin D<sub>3</sub> is derived from the cholesterol in lanolin, the fat found in wool. Hypo-allergenic plant fiber is derived from pine cellulose. Medium chain triglycerides (Vitamin D<sub>3</sub> liquid only) are derived from coconut and palm oil.

### Recommendations

Pure Encapsulations provides vitamin D<sub>3</sub> capsules in 4 amounts (400 i.u., 1,000 i.u., 5,000 i.u. and 10,000 i.u.) and vitamin D<sub>3</sub> liquid.

Recommendations are as follows:

Vitamin D<sub>3</sub> 400 i.u. = 1-2 capsules per day, in divided doses, with meals.

Vitamin D<sub>3</sub> 1,000 i.u. = 1-5 capsules per day, in divided doses, with meals.

Vitamin D<sub>3</sub> 5,000 i.u. = 1 capsule per day, with a meal.

Vitamin D<sub>3</sub> 10,000 i.u. = 1 capsule per day, with a meal.

Vitamin D<sub>3</sub> liquid = 1 or more drops daily, with a meal.

### Are There Any Potential Side Effects Or Precautions?

It is recommended that individuals using more than 2,000 i.u. vitamin D per day have their blood levels monitored. Large doses of vitamin D can cause hypercalcemia, signs include headache, weakness, nausea, vomiting, and constipation. Individuals with hyperparathyroidism or kidney disease are at particular risk. Vitamin D<sub>3</sub> 10,000 i.u., Vitamin D<sub>3</sub> 5,000 i.u. and vitamin D<sub>3</sub> 1,000 i.u. are not to be taken by pregnant or lactating women. If pregnant or lactating, consult your physician before taking vitamin D<sub>3</sub> 400 i.u.

### Are There Any Potential Drug Interactions?

Vitamin D may result in hypercalcemia in certain individuals taking digoxin or thiazide diuretics. Consult your physician for more information.

*(continued)*

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Vitamin D<sub>3</sub> 10,000 i.u.

one vegetable capsule contains  V 3

vitamin D<sub>3</sub> ..... 10,000 i.u.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

***Not to be taken by pregnant or lactating women. It is recommended that individuals taking more than 2,000 i.u. vitamin D per day have their blood levels monitored.***

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

Vitamin D<sub>3</sub> 5,000 i.u.

each vegetable capsule contains  V 3

vitamin D<sub>3</sub> ..... 5,000 i.u.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

***Not to be taken by pregnant or lactating women. It is recommended that individuals taking more than 2,000 i.u. vitamin D per day have their blood levels monitored.***

**1 capsule per day, with a meal.**

Vitamin D<sub>3</sub> 1,000 i.u.

each vegetable capsule contains  V 3

vitamin D<sub>3</sub> ..... 1,000 i.u.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

***It is recommended that individuals taking more than 2,000 i.u. vitamin D per day have their blood levels monitored. If pregnant or lactating, consult your physician before use.***

**1-5 capsules per day, in divided doses, with meals**

Vitamin D<sub>3</sub> 400 i.u.

each vegetable capsule contains  V 3

vitamin D<sub>3</sub> ..... 400 i.u.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

**1-2 capsules per day, in divided doses, with meals.**

Vitamin D<sub>3</sub> liquid

1 drop contains V

vitamin D<sub>3</sub> ..... 1,000 i.u.  
other ingredients: medium chain triglycerides

***It is recommended that individuals taking more than 2,000 i.u. vitamin D per day have their blood levels monitored. If pregnant or lactating, consult your physician before use.***

**1 or more drops per day, with meals, as directed by a health professional.**



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