

Vitamin D3

180 tablets, Stock No. 1156-9 (NPN 80020281)

Vitamin D is vital to the health of your skeletal and immune systems. The body manufactures this essential vitamin through sun exposure, making it difficult to obtain adequate amounts of vitamin D during the cloudy winter months or when sunscreen is used.

Did you know?

Vitamin D comes in two forms: D2 and D3. Of the two, D3 is more bioactive. The body synthesizes vitamin D3 from sunlight; it cannot be obtained through foods. In the body, vitamin D is responsible for maintaining normal blood levels of calcium and phosphorus, helping to build strong bones. Vitamin D may also contribute to the overall health of the cardiovascular system. Vitamin D works with other vitamins, minerals and hormones to promote bone mineralization. Research also shows that vitamin D may help support a healthy immune system by regulating lymphocyte function, cytokine production and macrophage activity.

NSP Advantage

Many companies offer synthetic vitamin D products. NSP Vitamin D3 is completely natural. It is derived from lanolin harvested from BSE-free sheep's wool fat from New Zealand and Australia.

Ingredients: Medicinal Ingredients: Each tablet contains 1000 IU (25 mcg) of vitamin D 3 (cholecalciferol).

Non-medicinal ingredients: dicalcium phosphate, cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), cross-linked cellulose gum

Recommendation: Take one tablet daily with a meal.

Features & Benefits

- Vitamin D is a factor in the maintenance of good health.
- Helps in the development and maintenance of bones and teeth.
- Helps in the absorption and use of calcium and phosphorus.
- Taking a daily vitamin D supplement helps to prevent vitamin D deficiency.