

protective effect⁷ as well as maintenance of healthy blood pressure levels.⁸ Vitamin D has also been shown to support healthy blood sugar metabolism.^{9,10}

Immune Health and Modulation†

One of the more profound functions of vitamin D is its ability to modulate immunity. An important recent study suggested that improving vitamin D status significantly affects the expression of genetic pathways linked to immune activity.^[11] Vitamin D has been shown to boost the immune response by up-regulating specific genes that increase cellular production of natural compounds that protect us against pathogens.¹²

Musculoskeletal Comfort†

Numerous studies also point to the key role of vitamin D in supporting musculoskeletal strength and comfort.¹³ In one study, among 62 adult patients with nonspecific musculoskeletal discomfort, over 95% had vitamin D deficiency and responded to replenishment of vitamin D. Moderate deficiency of vitamin D has also been shown to predict knee discomfort over a five year period and hip discomfort over two years.¹⁴

Directions

1 or more capsules per day or as recommended by your health care professional.

Does Not Contain

Wheat, gluten, yeast, dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners or preservatives.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts ^{V3}		
Serving Size 1 Capsule		
Servings Per Container 60		
1 capsule contains	Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol)	125 mcg (5,000 IU)	625%



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

References

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