

Cardiometabolic Health and Blood Sugar Balance[†]

In light of the role that vitamin D plays in a variety of tissues and body systems, it comes as no surprise that much research from recent years has underscored its contribution to cardiometabolic wellness.⁵ There is accumulating evidence that calcitriol helps strengthen cardiomyocyte function, vascular smooth muscle cells, and the vascular endothelium. Low levels of 25-hydroxyvitamin D are associated with diminished cardiovascular health.⁶ In a recent study of 222 participants, slow coronary function was significantly higher in those with insufficient blood levels of the vitamin⁷; optimal vitamin D status has also been linked with a 40% cardiovascular system protective effect, as well as maintenance of healthy blood pressure levels.^{8,9} Vitamin D has also been shown to support healthy blood sugar metabolism.^{10,11}

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.¹² 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.¹³

Musculoskeletal Comfort[†]

Numerous studies also point to the key role of vitamin D in supporting musculoskeletal strength and comfort.¹⁴ 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.¹⁵

Directions

1 capsule **per week**. This product is a high dose vitamin D capsule that is not typically intended for long-term daily use. Please consult your health care professional if you are unsure of the appropriate dose.

Does Not Contain

Gluten, yeast, artificial colors and flavors.

Cautions

This product is a high dose vitamin D capsule that is not typically intended for long-term daily use. Please consult with your healthcare practitioner if you are unsure of the appropriate dose. If you are pregnant or nursing, consult with your physician before taking this product.

Supplement Facts^{V1}

Serving Size 1 Capsule
Servings Per Container 15

1 capsule contains	Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol)	1,250 mcg (50,000 IU)	6,250%



[†] 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.

