

Vitamin D3

Bioactive Form · Easy to Swallow

Blended with Organic Flaxseed Oil

1000 IU

Product Summary

Vitamin D is a hormone now widely recognized to be important to many body systems and a large number of physiological processes and it may also be one of the most common nutrient deficiencies in the world.^{1,2} Many recent studies have linked lower levels to an increased risk of cardiovascular disease including hypertension, peripheral vascular disease, coronary artery disease and heart failure, as well as several types of cancer, autoimmune disease and type 2 diabetes.^{3,4,5,6} Vitamin D is needed for intestinal calcium absorption, skeletal bone integrity as well as skeletal muscle strength and function and has been associated with overall physical fitness.^{7,8,9} Vitamin D is critical for healthy immune function and may reduce the risk of infection, especially respiratory tract infections.^{10,11} Given that essentially every tissue in the body has a receptor for vitamin D, it is hard to overestimate its importance.¹² Many practitioners recommend supplementation to achieve blood levels of 25-OH-vitamin D between 50-80 nmol/L, which often requires doses of 1000-2000 IU per day, and more for those with common genetic variants affecting vitamin D metabolism.^{13,14,15}

Unique Features

- Vitamin D3 (cholecalciferol) likely more effective at restoring blood levels than D2 form (ergocalciferol)¹⁶
- 1000 IU vitamin D per softgel allows for easy daily dosing
- Easy to swallow and highly bioavailable softgel
- In a base of organic flaxseed oil for improved intestinal absorption

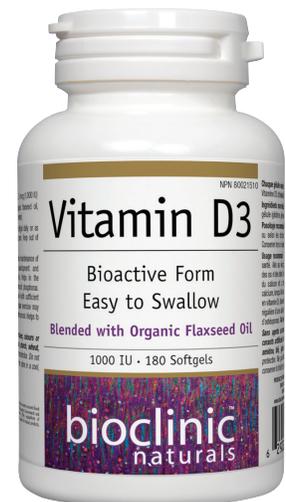
Vitamin D3

Bioactive Form · Easy to Swallow

180 softgels

Code: 9431

NPN: 80021510



Actual size: 12.08 mm x 7.21 mm
Feature: Highly bioavailable softgel

Supplement Facts

Serving Size: 1 Softgel

Servings per Container: 180

Each Softgel Contains:

Vitamin D3 (Cholecalciferol)..... 25 mcg (1000 IU)

Non-medicinal Ingredients: Organic flaxseed oil, softgel capsule (gelatin, glycerin, purified water).

Contains no artificial preservatives, colours or sweeteners and no corn, dairy, starch, wheat, gluten or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

Recommended Adult Dose: 1 softgel daily or as directed by a health care practitioner. Keep out of reach of children.

Recommended Use: 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. Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise may reduce the risk of developing osteoporosis. Helps to prevent vitamin D deficiency.

Contraindications: Caution is advised for individuals with a hypersensitivity to any of the ingredients, sarcoidosis, lymphoma, tuberculosis, hypercalcemia or renal impairment.

Drug Interactions: May increase the risk for hypercalcemia when taken with a thiazide medication (diuretic).¹⁷ Vitamin D may improve insulin sensitivity and lower blood pressure, requiring a reduction in dosage of hypertension and/or diabetic medications.

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· GUARANTEED ·

Bioclinic Naturals products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the Canadian Government and the Therapeutic Goods Administration (TGA) regulations of Australia—among the world’s highest standards for natural products.



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