

Vitamin D3 (Item #5060)

Keeping your body healthy and your mind happy!

Just recently, doctors and scientists have recognized that Vitamin D3 is a contributing factor in overall health. The latest research shows that Vitamin D3 deficiency is linked to a surprising number of other health conditions such as depression, back pain, bone weakness, rheumatoid arthritis, cancer, both insulin resistance and pre-eclampsia during pregnancy, impaired immunity, poor cognitive function, reproductive health, and macular degeneration. Vitamin D3 regulates T- cells, which are important to the functioning of a strong immune response enabling our body to fight *both* viral and bacterial infections.

It is important to note that D3 plays a significant role in maintaining a positive outlook and emotional wellbeing. There is a clear connection between people who get little or no sunlight and S.A.D. (Seasonal Affective Disorder). The only innate way to get Vitamin D3 is through a daily intake of sunlight. Also noting that sunlight received in the winter months, if you live north of Atlanta, is still inadequate based on the angle of the Earth to the Sun.

Unfortunately with today's indoor living and the extensive use of sunscreens due to concern about skin cancer, we are now a society with millions of individuals deficient in life-sustaining and immune modulating vitamin D3.

Dosage:

The recommended dosage is one 5,000 IU soft-gel capsule every three days. A prominent group of researchers from leading institutions such as the University of Toronto, Brigham and Women's Hospital, Tufts University, and University Hospital in Zurich, Switzerland found that there is little benefit of taking 400 IU of Vitamin D3 or less per day. The study found the body can only benefit from taking Vitamin D3 if it is getting at least 1,600-1,700 IU per day.

Because Vitamin D3 is stored in the body overtime we can take it every three days for optimal absorption and health. As with any supplement, achieving the best results from Vitamin D3 may require a change in lifestyle. Maintaining a healthy diet, exercising the body and mind, limiting alcohol intake, avoiding cigarette smoke and taking supplements are just a few ways to improve overall health.

Vitamin D3 encourages calcium intake, so we suggest also taking product #2006 Cal/Mag 1:1 in addition the Vitamin D3. We also suggest taking product # 5020 Vitamin A at the same time as Vitamin D3 because Vitamin A assists in Vitamin D3 absorption.

Ingredients Explained

Vitamin D3:

Vitamin D3 is one of the most useful nutritional tools we have at our disposal for improving overall health. This vitamin is unique because cholecalciferol (Vitamin D3) is a vitamin derived from dehydrocholesterol; however, Vitamin D3 acquires hormone-like actions when cholecalciferol (Vitamin D3) is converted to dihydroxy, Vitamin D3 (calcitriol) by the liver and kidneys. As a hormone, Calcitriol controls phosphorus, calcium, bone metabolism, and neuromuscular function.

Ordering Information

Vitamin D3 (Item #5060) 120 soft gels

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement: The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.

Sources:

Vieth R, Bischoff-Ferrari H, Boucher BJ, Dawson-Hughes B, Garland CF, Heaney RP, Holick MF, Hollis BW, Lamberg-Allardt C, McGrath JJ, Norman AW, Scragg R, Whiting SJ, Willett WC, Zittermann A. The urgent need to recommend an intake of Vitamin D that is effective. *American Journal of Clinical Nutrition*. March 2007;85(3):649-650.