

break
through
to the
real you



Bio-vitality.com

by Alyssa Burns-Hill, MSc, FRSPH, MIHPE

Client Information

Vitamin D₃ (100 vcaps)

£21.90

Vitamin D₃ capsules supply a high-potency amount of natural vitamin D, called D₃. This fat-soluble vitamin occurs naturally in only a few foods, thus is often fortified in milk and other products. Vitamin D can also be formed in the body upon adequate exposure of the skin to sunlight. Its major biological function is to maintain normal blood levels of calcium and phosphorus to form and maintain strong bones. Vitamin D also works with a number of other vitamins, minerals and hormones to promote bone mineralization, glucose metabolism, neuromuscular function, and overall health.

When intake of vitamin D is below recommended levels or exposure to sunlight is limited, deficiencies can result. Poor absorption and impaired kidney function can also compromise vitamin D status.

Vitamin D₃ and Bones: Research suggests that half of all women over 50 already have signs of osteoporosis, a condition characterised by fragile bones and bone fractures. Low levels of vitamin D may contribute to bones becoming thin and brittle.

Vitamin D₃ and Sun Exposure: Individuals who live in northern regions, those who are homebound such as the elderly, individuals with darker skin, and those who use sunscreens often have limited sun exposure or reduced ability to make vitamin D and are likely in need of supplementation.

Vitamin D₃ and Toxicity: Although massive amounts of vitamin D can be toxic, supplementing with 5,000 IU is well within safe recommendations for those with little sun exposure, malabsorption conditions, or who are at risk for osteoporosis.

Vitamin D₃ can be taken by anyone who does not get enough sun or is concerned about getting adequate vitamin D.

This product may be combined with a daily multiple vitamin supplement, which typically supply vitamin D at RDA levels of 400 I.U. per day.

Suggested Use: 1 capsule daily with food.

Cautions and Contraindications: Do not use if taking digoxin or any cardiac glycoside (for congestive heart failure and cardiac arrhythmia). Use of thiazides (diuretics for takers of blood pressure medication) with high dose vitamin D may cause hypercalcaemia - calcification of soft tissue such as kidneys, heart, lungs and blood vessels.

This product was made in a GMP and ISO 9001:2000 registered facility.

Last updated: Sept 2009

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Capsule	% Daily Value	
Vitamin D ₃ (as cholecalciferol)	5,000 I.U.	1250%

Other ingredients: Vcaps™ vegetarian capsule, cellulose, water, silicon dioxide, and magnesium stearate.

This information service is not intended to make any claims or provide medical advice. Please www.bio-vitality.com for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at www.bio-vitality.com (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.