



Vitamin D3 Boost

Directions:

Take 1 to 4 per day, as directed.

The most recommended wellness/supportive dose is 1000 IU per 50 lbs of body weight, up to 5000 IU per day.

Amounts over 8000 IU per day should be discussed with a health care professional. Blood testing is strongly recommended to monitor your Vitamin D levels for any additional therapeutic dosing.

Why take this supplement:

- **Vitamin D3** is one of the most deficient vitamins in current public health research. Lack of sunshine to activate our body's natural Vitamin D production requires more sunlight and more skin exposure than most of us are able to access, even in summertime! Studies are now showing that regular supplementation of Vitamin D3 is best (year round) and have greater health benefits than previously known, especially in elderly populations. Vitamin D is a key nutrient for the proper functioning of many body processes including:
 - Supporting immune system function
 - Regulating calcium for bone and muscle health
 - Nerve system support and brain clarity
 - Lack of Vitamin D has been linked to people with mild depression.
 - Supplementation of Vitamin D may help to reduce risks for diabetes, Alzheimer's disease and colon cancer.
- **Vitamin K2** (menaquinone) is found in animal foods and fermented foods but in low amounts in most diets. One of its most important functions is to regulate calcium deposition. In other words, it promotes the calcification of bones and prevents the calcification of blood vessels and kidneys. The benefits of supplementing with K2 may be enhanced even further when combined with a vitamin D supplement, as these two vitamins have synergistic effects.
- **Magnesium Glycinate** - Magnesium is thought to be the most common nutrient deficiency in the North American diet. Magnesium is required for calcium to be incorporated into bone and is important in the support for osteoporosis. Magnesium is required for over 300 essential biochemical reactions in the body including the formation of ATP, cellular signal transduction, and the synthesis of DNA, RNA and protein. It plays important roles in both structure and function of the human body.
- **MCT** (medium chain triglycerides) are also added to increase appropriate application of Vitamin D, K and Mg efforts.

Cautions:

These ingredients are considered very safe but, as with all body chemistry, there are some who do not tolerate certain supplements. No contraindications are known but potential drug interactions may exist.

Allergic skin reactions to vitamin D have been recorded. If you have any specific concerns please consult your doctor.

Changes to blood sugar levels have been recorded with Vitamin D supplementation. Although this can be positive, monitor blood sugars carefully. Although very rare, excess amounts of vitamin D taken over a long period of time can result in toxicity. This is usually associated with 40,000 IU or more of vitamin D for several months or longer. Do not exceed recommended dosages without medical supervision.

Some people rarely may experience upset stomach or diarrhea with K2 supplementation.

Caution is advised for those with kidney disease or dialysis.

Vitamin D3 Boost

90 vcaps

Servings Per Container: 90

Serving Size: 1 capsule

Suggested Use: Take 1 capsule per day, Take 1-5 servings per day.
Recommended one capsule per 50lbs of body weight per day.

Ingredients	Dose Per Serving
Vitamin D3	1200.0 iu
Vitamin K2 (MK7)	45.0 mcg
Magnesium (Glycinate)	70.0 mg
Medium Chain Triglycerides	280.0 mg

Please visit our website for more information and research about these supplements. Quality, affordability and effectiveness are our priorities. Read the research that informs our decisions about what is carefully selected to make up our blends. Each ingredient matters and fulfills our promises that there are no unnecessary fillers, gluten, dairy, soy or wheat in any of our products!