



Burst of Sunshine Vitamin D3

Ingredients:

▸ 1200 IU Vitamin D3 (cholecalciferol) in a base of microcrystalline cellulose.

Directions:

Take 1000 IU per 50 lbs (kg) of body weight daily or 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 needed to monitor your Vitamin D levels for additional therapeutic dosing.

Why take this supplement:

Vitamin D is one of the most deficient vitamins for those of us who live in Canada, the northern US and most Scandinavian countries. 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!

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 D3 is the natural form of vitamin D that your body makes from sunlight. It is considered by most experts and scientific studies to have the greatest proven benefits.

Studies are now showing that regular supplementation of Vitamin D3 is best (year round) and have greater health benefits, especially in elderly populations.

Cautions:

Vitamin D3 is considered very safe but, as with all body chemistry, there are some who do not tolerate certain supplements. Allergic skin reactions to vitamin D have been recorded.

If you have any specific concerns please consult your doctor. No contraindications are known but potential drug interactions may exist.

Changes to blood sugar levels have been recorded. 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.