

***Vitamin D 1000 IU***  
**\$9.95**

Vitamin D, also known as the “sunshine vitamin” is essential in the proper functioning of the body. While classified as a vitamin it is a steroid hormone vital to health and low levels have been implicated in depression, bipolar disorder, and memory problems, including Alzheimer’s disease (Ref.6,7). It activates receptors on neurons in regions important in the regulation of behavior and it protects the brain by acting in an antioxidant and anti-inflammatory capacity (Ref.1). Other benefits of vitamin D supplementation include reducing the risk of bone diseases and fractures, improved muscular function, improved metabolic and cardiovascular function and in the prevention of diabetes and cancer (Ref.2-5). Adequate vitamin D levels are essential for ensuring normal calcium absorption and maintenance of healthy calcium plasma levels. Scientists now feel that supplementation with vitamin D is critical to helping maintain healthy bone remodeling as we age.

**Formula:**

Each tablet contains: Vitamin D3.....1000 IU  
100 tablets per bottle

**Suggested Use:**

One tablet daily or as directed by a physician

**These statements have not been evaluated by the FDA.**

**This product is NOT intended to diagnose, treat, cure or prevent any disease.**

**References:**

1. Cherniack EP., et al. (2009) Some new food for thought: the role of vitamin D in the mental health of older adults. *Curr Psychiatry Rep.*, 1:12-9.
2. Bonjour JP., et al. (2009) Minerals and vitamins in bone health: the potential value of dietary enhancement. *Br J Nutr.*, 1:1-16.
3. Chowdhury TA., et al. (2009) Vitamin D and type 2 diabetes Is there a link? *Prim Care Diabetes*, Apr 21 (Epub ahead of print).
4. Luong KV and Nguyen LT (2009) The beneficial role of vitamin D and its analogs in cancer treatment and prevention. *Crit Rev Oncol Hematol.*, May 13 (Epub ahead of print).
5. Sood A and Arora R (2009) Vitamin D Deficiency and Its Correlations with Increased Cardiovascular Incidences. *Am J Ther.*, May 15 (Epub ahead of print).
6. Buell JS and Dawson-Hughes B. (2008) Vitamin D and neurocognitive dysfunction: preventing “D”ecline? *Mol Aspects Med.*, 6:415-22.
7. Wilkins CH., et al. (2006) Vitamin D deficiency is associated with low mood and worse cognitive performance in older adults, *Am J Geriatr Psychiatry*, 12:1032-40.

