

Natural Vitamin D

(as cholecalciferol, D3)

Vitamin D3 400iu

Presentation

A white coated round tablet.

Each tablet delivers:

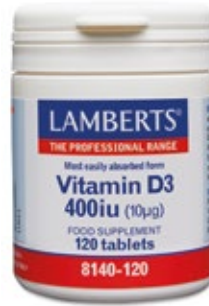
Vitamin D3 400iu (10µg)

Tableted with:

DiCalcium Phosphate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate).

Disintegration time: Less than 1 hour.

Suitable for vegetarians 



quantity
120

type
tablets

code
8140



Vitamin D3 1000iu

High Strength

Presentation

A soft capsule.

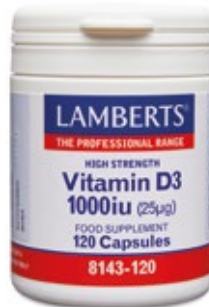
Each capsule delivers:

Vitamin D3 1000iu (25µg)

Encapsulated with:

Sunflower Seed Oil, Antioxidant: dl alpha Tocopherol, Capsule Shell (Gelatin, Glycerin).

Disintegration time: Less than 30 minutes.



quantity
120

type
capsules

code
8143



Vitamin D3 2000iu

Presentation

A soft capsule.

Each capsule delivers:

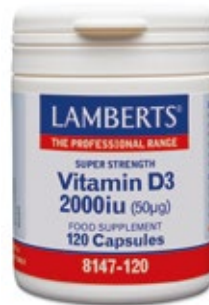
Vitamin D3 2000iu (50µg)

Encapsulated with:

Sunflower Seed Oil, Vitamin D (Vitamin D3, Antioxidant: dl-alpha Tocopherol), Capsule Shell (Modified Corn Starch, Glycerol, Gelling Agent: Carrageenan).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians 



quantity
120

type
capsules

code
8147



Natural Vitamin D *(Continued)*

(as cholecalciferol, D3)

Vitamin D3 4000iu

Maximum Strength

Presentation

A soft capsule.

Each capsule delivers:

Vitamin D3 4000iu (100µg)

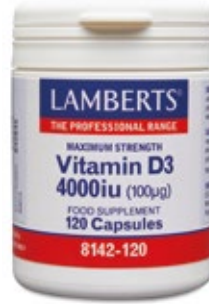
Encapsulated with:

Sunflower Seed Oil, Capsule Shell (Glycerin, Modified Corn Starch, Gelling Agent: Carrageenan).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians (V)

This product is not recommended for long term use.



quantity
120

type
capsules

code
8142

Uses

Our bodies obtain vitamin D3 (which, strictly speaking is a steroid hormone) from two sources, our diet and from the action of sunlight on our skin which drives the natural production within the body. If we all had plenty of sun then we would have plenty of vitamin D, but we do need to obtain some from our diet, particularly during the winter months and particularly in the elderly as the body's ability to manufacture vitamin D declines with age. Indeed, as many as 60 percent of the UK population is vitamin D deficient and low levels have been linked to serious health problems in later life.

This is not surprising when one considers the fact that it is involved in the expression of more than 1000 genes. So, whilst it is renowned for its vital role in the maintenance of normal bone health, in reality it actually acts on cells in every organ of the body and has extremely far-reaching effects on human health.

- Available in four potencies - 400iu, 1000iu, 2000iu and 4000iu.
- Natural D3 form for easy absorption.

Usage and administration			
Vitamin D 400iu 1 tablet daily. Quantity 120 Type tablets Code 8140	Vitamin D 1000iu 1 capsule daily. Quantity 120 Type capsules Code 8143	Vitamin D 2000iu 1 capsule daily. Quantity 120 Type capsules Code 8147	Vitamin D 4000iu 1 capsule daily with a meal. Not recommended for long term usage. Quantity 120 Type capsules Code 8142
Allergen advice None (see page 194).			
Cautions Vitamin D 4000iu not for children below the age of 11 years.			
Storage instructions To be stored in a cool, dry place and protected from light.			
Legal category Food supplement.			