

NutriDyn®

D₃ 5000

Supports Bone, Cardiovascular,
and Immune Health*

D₃ 5000 Supplementation

NutriDyn D₃ 5000 is a highly bioavailable form of vitamin D₃ (cholecalciferol), providing 5000 IU per softgel. Vitamin D is a micronutrient with rather ubiquitous actions in the body. Examples of vitamin D's myriad functions in the body include supporting stress levels, bone health, skin health, heart health, and immune function.*¹

Much of the vitamin D we obtain comes from direct exposure to sunlight, and spending a significant amount of time indoors (and away from sunlight) can lead to low levels of vitamin D in the body. Thus, supplementation with D₃ 5000 can help ensure users obtain adequate amounts of this key micronutrient.*

Given the importance of adequate vitamin D levels in the body and many people's lack of exposure to direct sunlight, D₃ 5000 supplementation can help users in a variety of ways. The most relevant research-backed benefits derived from consumption of vitamin D₃ include:*^{4,5}

- Supports cardiovascular function*
- Supports healthy mood and stress levels*
- Supports bone and skin tissues*
- Supports immune function*

How D₃ 5000 Works

Vitamin D is a term that refers to a group of five fat-soluble vitamins that are classified as secosteroids, with research suggesting vitamin D₃ (cholecalciferol) as the most important form in humans.² Since we produce much of our natural vitamin D transdermally (through the skin) via sunlight exposure, it is imperative that oral supplementation of vitamin D comes in the form of D₃; this is the most bioavailable form of vitamin D in a softgel, maximizing its absorption into the body.*³

Technically speaking, vitamin D₃ is structurally similar to cholesterol and is converted via the liver and kidneys to its active form, calcitriol. Calcitriol goes on to perform a multitude of roles in the body and is particularly crucial for proper absorption of the minerals calcium, iron, magnesium, phosphate, and zinc. Calcitriol also supports and promotes bone growth and regeneration, as well as immune, cardiac, and neuromuscular functions.*

It is crucial to obtain adequate amounts of vitamin D on a daily basis, as deficiency can lead to a host of health issues, including, but not limited to, rickets, Fanconi syndrome, autoimmune diseases, non-alcoholic fatty liver disease, and osteoporosis.*^{4,5}



For more information, visit: www.nutridyn.com

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 120

| | Amount Per Serving | %DV* |
|---|--------------------|------|
| Vitamin D ₃ (as cholecalciferol) | 125 mcg (5,000 IU) | 625% |

Other Ingredients: Organic olive oil, gelatin, glycerin, and water.

Directions: Take one softgel daily or as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

Warning: It is highly recommended that serum 25 (OH) and 1, 25 (OH) 2-vitamin D be monitored every 60-90 days while consuming this product to ensure that levels remain in an acceptable range.

References:

1. Omdahl, J. L., & DeLuca, H. F. (1973). Regulation of vitamin D metabolism and function. *Physiological reviews*, 53(2), 327-372.
2. Holick MF (March 2006). " High prevalence of vitamin D inadequacy and implications for health." *Mayo Clin. Proc.* 81(3): 353-73.
3. Armas LA, Hollis BW, Heaney RP (November 2004). " Vitamin D2 is much less effective than vitamin D3 in humans." *J. Clin. Endocrinol. Metab.* 89 (11): 5387-91.
4. Vieth R (May 1999). " Vitamin D supplementation, 25-hydroxyvitamin D concentrations, and safety." *Am. J. Clin. Nutr.* 69 (5): 842-56.
5. Chung M, Balk EM, Brendel M, Ip S, Lau J, Lee J, Lichtenstein A, Patel K, Raman G, Tatsioni A, Terasawa T, Trikalinos TA; Balk; Brendel; Ip; Lau; Lee; Lichtenstein; Patel; Raman; Tatsioni; Terasawa; Trikalinos (August 2009). " Vitamin D and calcium: a systematic review of health outcomes." *Evidence report/technology assessment* (183): 1-420.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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