



# Vitamin D-3 5,000 IU

A Dietary Supplement

**A dietary supplement to promote the body's absorption of calcium and phosphorus, which are essential for the development and maintenance of healthy teeth and bones.\***

**New research suggests that it may support immune system function by supporting healthy cell growth.\***

#### Supports:

- Bone Health\*
- Calcium Balance\*
- Cardiovascular Function\*
- Healthy Cell Growth\*
- Immune System Modulation\*

#### About Vitamin D:

Vitamin D is a fat-soluble vitamin that is essential for maintaining normal calcium metabolism. Vitamin D3 (cholecalciferol) can be synthesized by humans in the skin upon exposure to ultraviolet-B (UVB) radiation from sunlight, or it can be obtained from the diet.

#### Calcium Balance:

Maintenance of serum calcium levels within a normal range is vital for normal functioning of the nervous system, as well as for bone growth, and maintenance of bone density. Vitamin D is essential for the efficient utilization of calcium by the body.

#### Cardiovascular Support:

Adequate vitamin D levels may be important for maintaining blood pressure within normal ranges.\* Vitamin D also impacts heart health by supporting the body's natural cytokine production and vascular function.\*

#### Cell Differentiation:

Cellular proliferation is essential for growth and wound healing. Uncontrolled proliferation of damaged cells is unhealthy. Vitamin D inhibits uncontrolled proliferation and stimulates differentiation, which is the process of specializing cells for specific healthy functions.\*

#### Immunity:

Vitamin D is an immune system modulator to support healthy T Cell and macrophage responses.\*

#### Supplement Facts

**Serving Size: 1 Capsule**

**Amount Per Serving**

Vitamin D3 (as cholecalciferol) 5,000 IU

Other ingredients: vegetable cellulose, microcrystalline cellulose, vegetarian leucine.

**Suggested Use:** As a dietary supplement, take 1 capsule per day, or as directed by your healthcare practitioner.

**Warning:** Individuals taking more than 2,000 IU per day should have their Vitamin D levels monitored. If pregnant or nursing, consult your healthcare practitioner before taking this product.

Distributed by  
Dr. Scott's Weight Loss & Wellness  
Indian Trail, NC 28079  
704-282-(WELL)9355  
www.doctorscotts.com

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\*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.