



We make it easier to capture the sun!

- ☀ Sun avoidance, sun blocks, indoor work, high latitude, etc. cause nearly the entire population to suffer from Vitamin D deficiency
- ☀ Inadequate Vitamin D levels are associated with osteoporosis, poor immunity, diabetes, hypertension, cancers, flu, neurological problems, depression, chronic pain, gum disease, muscle weakness, birth defects, and other conditions
- ☀ Human beings optimally produce 10,000–20,000 IU of Vitamin D3 (cholecalciferol) when exposed to full sunlight on a significant portion of skin for about 30 minutes
- ☀ The body only starts gaining full benefits of Vitamin D3 after it produces (and/or takes orally) about 5,000 IU Daily
- ☀ Vitamin D3 is a prehormone with powerful effects and with few exceptions cannot be obtained in sufficient quantities from your food

We make it easier
HEALTH PRODUCTS DISTRIBUTORS, INC.

VITAMIN

Highly Purified Fish Liver Oil in Softgel



Great Barrier Reef Honeycomb Cod

Vitamin D3 Plus provides Vitamin D3 from purified fish (cod) liver oil. HPDI's formula comes in a softgel (instead of a standard capsule) for greater purity. In a softgel, the oil does not contain other ingredients (like cornstarch) commonly used to microencapsulate Vitamin D oil into powders used in capsule forms. The softgel form allows us to avoid using undesirable fillers and excipients.

Vitamin D3 Plus for Better Absorption

Vitamin D3 Plus includes non-GMO soy lecithin to act as an emulsifier of Vitamin D thereby ensuring effective absorption. In addition, the use of rice bran oil further supports absorption of fat-soluble Vitamin D. Optimizing absorption of Vitamin D is critical especially in cases of Crohn's disease, Celiac disease (gluten intolerance), and irritable bowel syndrome. In these conditions, individuals often suffer from osteoporosis, kidney disease, etc.



Natural Vitamin E Prevents Oxidation

Vitamin D3 Plus includes Orzya rice bran oil because fish liver oils in the formula can oxidize. Orzya rice bran oil provides significant amounts of Vitamin E in the form of mixed tocotrienols and tocopherols, which are powerful antioxidants.

Vitamin K2 Required for Vitamin D Function

Vitamin K2 (especially as menaquinone-7 or MK-7) is needed for proper activation of bone matrix proteins. Vitamin K2 allows these proteins to bind calcium for building bones. Research also shows that Vitamin K2 helps remove calcium from soft tissues and moves it into bony structures.

The half-life of Vitamin K2 (as MK-7) is about three days in the body. This means that as few as 6 mcg of Vitamin K2 is beneficial because the levels increase by a factor of three when its taken regularly. In view of this fact, we include 10 mcg of MK-7 per softgel in **Vitamin D3 Plus**.

TO ORDER, CALL TOLL-FREE 1-800-228-4265

D3 PLUS



Vitamin D3 More Effective Than Vitamin D2

Vitamin D3 Plus provides only the Vitamin D3 form of Vitamin D. We avoid the use of Vitamin D2. Vitamin D2 has greater potential for toxicity, poorer absorption, and reduced effectiveness.

Vitamin D3 Plus includes Vitamin A

Vitamin D3 Plus combines Vitamin D3 with Vitamin A because they act synergistically. When Vitamin D levels are inadequate, high dose Vitamin A may cause bone loss. However, no observed bone loss occurs when there are adequate levels of Vitamin D (more than 2,000 IU daily). In addition, normal bone remodeling requires both Vitamin A and Vitamin D. We include 1,000 IU of Vitamin A along with Vitamin D3 in our formula.



A Worldwide Epidemic

Vitamin D deficiency is epidemic worldwide with more than one billion people at risk for diseases associated with low levels. Vitamin D has proven safe and effective for a wide range of health conditions.

Some Benefits of Vitamin D3 Plus

When taken in adequate dosages (1–2 capsules daily) **Vitamin D3 Plus** can provide many benefits:

- stronger bones
- enhances immunity
- normalizes blood pressure
- protects against cancers
- flu and cold protection
- better balance
- reduces chronic pain
- improves dental health
- greater muscle strength
- prevents birth defects
- supports prostate health
- better bowel health

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Vitamin D3 Plus

Summary of Features

Vitamin D3 is a fat-soluble vitamin known as a nutrient essential for health and well-being. Recent studies show that almost all body systems benefit from adequate Vitamin D intake/production. Therefore, it is important that the body receive optimal amounts in order to build the best health. In fact, studies indicate that 5,000 IU of Vitamin D3 is an ideal amount for daily intake. What is notable about this amount is that the body does not gain the full benefits from Vitamin D until it reaches this "threshold" level of 5,000 IU.

We recommend that most people take 5,000 IU of Vitamin D3 daily (unless there is a constraining lifestyle factor or medical reason). Due to its long half-life (about 30 days) in the body, **Vitamin D3 Plus** can be taken effectively in smaller doses if needed (e.g., 5,000 IU taken fewer times per week). For example, one capsule once per week would give a daily equivalent dose of about 714 IU (i.e., 5,000 IU divided by 7 days).

Other important nutrients you need to take with Vitamin D3 in order to achieve maximum benefits include magnesium, calcium, zinc, and boron. These additional nutrients are included in our foundational supplements (multivitamins, essential fats, Vitamin C formulas, and Rejuvenate!™ superfoods) and bone formulas (Bone Jour!™ and Bone Guardian).

COMPOSITION: One softgel capsule provides the following percentages of the US Daily Value for adults:

NUTRIENT	AMOUNT	% DAILY VALUE
Vitamin D3 - cholecalciferol (natural form from fish liver oils)	5,000 IU	1,250
Vitamin A (natural form from fish liver oils)	1,000 IU	20
Vitamin K2 (as menaquinone-7)	10 mcg	12.5
Vitamin E as d-alpha tocopherol from rice bran oil	1 IU	3
Tocotrienols (d-gamma, d-alpha, and d-delta)	1.2 mg	*

*No established Daily Value

DIRECTIONS: As a dietary supplement take 1 capsule daily with food, or as directed by a health care professional. Note: When exposure to direct sunlight is adequate, your requirements for supplemental Vitamin D may be correspondingly lower.

INGREDIENTS: Fish liver oil (providing Vitamin D3), gelatin, glycerin, yellow beeswax, purified water, rice bran oil, non-GMO soy lecithin, Oryza oil, Vitamin K2 (menaquinone-7), fish liver oil (providing Vitamin A), and turmeric powder.

VITAMIN D3 PLUS does not contain wheat, rye, oats, corn, barley, gluten, sugar, wax, egg, yeast, dairy, sulfates, chlorides, coloring agents, or artificial preservatives.



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Creating Health Naturally!

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