



## Vita-D<sub>3</sub><sup>®</sup>

### Promotes healthy bones and teeth

#### GET TO KNOW VITA-D<sub>3</sub>

Are you one of the many Canadians with insufficient vitamin D levels? Most people don't get enough from food alone, and, depending on where you live, the time of year, and other factors, you may not be getting the vitamin D you need. Why? Lack of sun exposure. Vitamin D is considered the "sunshine vitamin" because it's produced as sunlight touches your skin. Very few foods in nature contain vitamin D, and fortified foods (primarily milk) provide most of the vitamin D in the North American diet.<sup>1</sup>

Vitamin D plays a **major role in protecting your health** and is vital for overall well-being. One Vita-D<sub>3</sub> tablet provides **1000 IU of high-potency vitamin D<sub>3</sub>** to:

- Help in the development and maintenance of bones and teeth
- Aid in the absorption of calcium and phosphorus
- Help reduce the risk of developing osteoporosis when combined with calcium intake, a healthy diet, and regular exercise
- Help protect cells against the oxidative damage caused by free radicals

#### IS VITA-D<sub>3</sub> RIGHT FOR ME?

- ✓ If you may be lacking in adequate vitamin D through diet or sun exposure.

#### ORDER NOW

#57260 | 90 tablets  
Member Price: \$10.25 | Point Value: 6.40

#### THE SHAKLEE DIFFERENCE™



The power of nature,  
unleashed by science.  
Safe. Proven. Guaranteed.

At Shaklee, we're committed to innovating through science and looking to nature for the answers that can provide healthier lives. We ensure the highest quality and safety standards, conducting more than 100,000 quality tests per year to ensure our products are safe for you and your family.

#### Vita-D<sub>3</sub>

- The culmination of recent scientific research, including two Shaklee industry-leading vitamin D studies.
- Supplemental vitamin D is clinically supported, and Vita-D<sub>3</sub> is proven to significantly raise blood levels of vitamin D.



No artificial flavours, colours,  
sweeteners, or preservatives added

#### Vita-D<sub>3</sub><sup>®</sup>



Daily dosage: 1 tablet

MEDICINAL INGREDIENTS:	Amount per tablet
Vitamin D (vitamin D <sub>3</sub> ) (cholecalciferol)	25 mcg (1000 IU)

**NON-MEDICINAL INGREDIENTS:** CARNAUBA WAX, CORN STARCH, CROSCARMELLOSE SODIUM, DICALCIUM PHOSPHATE DIHYDRATE, GUM ARABIC, HYDROXYLATED SOY LECITHIN, HYPROMELLOSE, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE, SUCROSE, TRICALCIUM PHOSPHATE, VEGETABLE OIL, VITAMIN E.

<sup>1</sup>Source: National Institutes of Health, Office of Dietary Supplements, 2016. <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/#en1>.