

# Promotes Healthy Bones and Teeth

## VITA-D<sub>3</sub><sup>®</sup>

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.

#57270 | 90 TABLETS



Gluten Free



Vegetarian



Kosher

## Why We Love It

- Helps in the development and maintenance of bones and teeth
- Aids in the absorption of calcium and phosphorus
- Helps reduce the risk of developing osteoporosis when combined with calcium intake, a healthy diet, and regular exercise
- Helps protect cells against the oxidative damage caused by free radicals
- No artificial flavours, colours, sweeteners, or preservatives added

### Vita-D<sub>3</sub><sup>®</sup>

Daily dosage: 1 tablet per day.

MEDICINAL INGREDIENTS:	Amount per tablet
Vitamin D (cholecalciferol)	50 mcg (2000 IU)

**NON-MEDICINAL INGREDIENTS:** ACACIA GUM, CROSCARMELLOSE SODIUM, DICALCIUM PHOSPHATE DIHYDRATE, DL-ALPHA TOCOPHEROL, HYPROMELLOSE, MAGNESIUM STEARATE, MALTODEXTRIN, MEDIUM CHAIN TRIGLYCERIDES, MICROCRYSTALLINE CELLULOSE, MODIFIED FOOD STARCH, SILICON DIOXIDE, SODIUM ASCORBATE, SUCROSE, TRICALCIUM PHOSPHATE.

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