

Vitamin D3 Chewable

Supports Overall Health, Strong Bones, and Immune System* 5,000 IU



Vitamin D3 is the body's preferred form of vitamin D

Many clinical trials have demonstrated the vast health benefits of Vitamin D3*

Maintaining healthy levels of Vitamin D in the body has been shown to be an important part of optimal health*

A must for healthy bone growth and density*

Helps support a healthy immune system*

Supports cognitive health and mental well-being*

Delicious mixed berry flavor

Many of us don't get the level of vitamin D3 we need through our diets or exposure to sunlight. In fact, anyone living in a northern climate, working indoors most of the year, or who has darker skin, probably needs a supplemental source of vitamin D3. Healthy bones and teeth require adequate levels of vitamin D3 in order to utilize and process calcium and phosphorus as it is absorbed in the intestines. For immune health, vitamin D helps maintain a healthy immune system at a cellular level by supporting healthy T-cell activity.*

Aside from its benefits for bone health and the immune system, in clinical trials, higher serum levels of vitamin D are associated with healthy mental function. Additional studies, particularly in older adults, have found that increased serum levels of vitamin D are associated with healthy brain function.*

Despite the overwhelming evidence of health benefits, the recommended daily intake of vitamin D3 remains too low. Many experts recommend a much higher supplemental level.

Vitamin D3 Chewable provides cholecalciferol, the body's preferred form of vitamin D3, in a convenient, great-tasting tablet. It's the right choice to support healthy bones, the immune system, cognitive function, and cellular health.*

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Frequently Asked Questions for Vitamin D3 Chewable

Q. Why not vitamin D2?

A. Vitamin D2, also known as "ergocalciferol," is a common form of vitamin D that is less well-utilized because it must be converted to vitamin D3 by the body. Supplemental vitamin D3 typically shows much better use by the body than vitamin D2, because it doesn't require this extra step.

Q. Can't I just get vitamin D from sunlight?

A. Even though our bodies do synthesize vitamin D3 following exposure to sunlight, most of us don't spend enough time outdoors for this to happen regularly and for any sustained benefit. In fact, vitamin D3 levels are a major concern for individuals living in the northern latitudes, working indoors, or with darker skin. Having a reliable and convenient supplemental source of vitamin D3 simply ensures that you get the levels you need.

Q. Can I give this to my kids?

A. No, Vitamin D3 Chewable provides an adult level of vitamin D, and is not intended for children.

Q. What is the source of vitamin D3?

A. The source of vitamin D3 in this supplement is lanolin from sheep's wool oil. The sheep are not harmed during the process, it is simply a product of the shearing and wool-production process.

What to Pair with Vitamin D3 Chewable

Andrographis EP80 [™] Extra Strength	Delivers 80 mg of andrographolides, the key compound from this Ayurvedic answer for immune function, cellular protection from oxidative stress, and healthy inflammation response.* [†]
CuraPro*	Provides clinically studied, enhanced absorption curcumin, for strong antioxidant ability and healthy cellular support.*