



# Vitamin D

## Extra Strength · 2500 IU

- Vitamin D3 (cholecalciferol) is likely more effective at restoring blood levels than the D2 form (ergocalciferol)
- Cholecalciferol is also shown to increase the proportion of the active form of vitamin D versus ergocalciferol
- 2500 IU of vitamin D per softgel allows for easy daily dosing
- Easy-to-swallow and highly bioavailable softgel
- In a base of organic flaxseed oil for improved intestinal absorption

**Code:** 9437, 9438 **NPN:** 80110516

**Size:** 90, 180 Softgels

**Actual Size:** 12.5 mm



### PRODUCT SUMMARY

Vitamin D is a hormone widely recognized to be essential to many body systems and physiological processes. It may also be one of the most common nutrient deficiencies globally, with insufficient or deficient levels found in nearly 40% of Canadians. Vitamin D is critical for healthy immune function and may reduce the risk and/or severity of infections, especially those of the respiratory tract, and particularly in individuals prone to infection. Many recent studies have linked lower levels of this vitamin to an increased risk of cardiovascular disease, including hypertension, peripheral vascular disease, and coronary artery disease.

Vitamin D is needed to help absorb dietary calcium, and it is also important for bone health and muscle strength. Vitamin D has been associated with overall physical fitness and performance, with lower levels linked to frailty, especially in older adults. Supplementation at clinically relevant doses has been associated with a well-established reduction in osteoporotic fracture. Given that essentially every tissue in the body has a receptor for vitamin D, it is hard to overestimate its importance. Many practitioners recommend supplementation to achieve blood levels of 50–80 nmol/L for 25-OH-vitamin D. This level often requires doses of 1000–2000 IU per day, and more for those with common genetic variants affecting vitamin D metabolism.



# VITAMIN D

## EXTRA STRENGTH · 2500 IU

**Serving Size:** 1 Softgel

**Servings Per Container:** 90 (9437); 180 (9438)

**Each Softgel Contains:**

Vitamin D3 (Cholecalciferol) ..... 2500 IU (62.5 mcg)

**Non-medicinal Ingredients:** Softgel (gelatin, glycerin, purified water), organic flaxseed oil.

**Recommended Adult Dose (18 years old and above):** 1 softgel per day or as directed by a health care practitioner. To be taken with an adequate intake of calcium. Consult a health care practitioner for use beyond 6 months.

**Recommended Use:** Vitamin D intake, when combined with sufficient calcium, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis in people with vitamin D deficiency. Helps prevent vitamin D deficiency.

**Caution:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding, if you have kidney disorders, if you take other vitamin D supplements, multivitamin supplements containing vitamin D or products containing vitamin D analogues, or any prescription medications including antacids, anticonvulsants, digoxin, cholestyramine, colestipol, mineral oil, steroids, statins, or thiazide diuretics. 15–20 mcg (600–800 IU) of vitamin D per day is adequate for most individuals. Consult a health care practitioner to determine if you would benefit from additional vitamin D before taking this product. Do not use this product if you have hypercalcemia and/or hypercalciuria. Stop use and consult your health care practitioner if weakness, fatigue, drowsiness, headache, lack of appetite, dry mouth, metallic taste, nausea, vomiting, vertigo, ringing in the ears, lack of coordination, and muscle weakness (which are early symptoms of hypercalcemia) occur, or if you have any other side effects. Keep out of reach of children.

**Contraindications:** Caution is advised for individuals with a hypersensitivity to any of the ingredients, and those with lymphoma, tuberculosis, hypercalcemia, or renal impairment. Individuals with sarcoidosis should also consult their health care practitioner. While previously a relative contraindication, sarcoidosis activity is correlated with hypovitaminosis D as suggested by more recent data, and un-supplemented individuals are at a greater risk for hypercalcemia.

**Drug Interactions:** When taken with a thiazide medication (diuretic), may increase the risk for hypercalcemia. Also, vitamin D may improve insulin sensitivity and lower blood pressure, requiring a reduction in dosage of hypertension and/or diabetic medications.

**Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at [bioclinicnaturals.com](http://bioclinicnaturals.com)



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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