



ITEM #109

Vitamin D

A fat-soluble vitamin that supports cellular and cardiovascular health

Read the news lately? If you have, odds are you've run across a story about the importance of vitamin D and all of its wonderful health benefits. Recent reports show that populations around the world are suffering from vitamin D deficiency. In the U.S. alone, only one third are getting enough vitamin D. The problem is widespread and increasing, with potentially severe repercussions for overall health and bone-fracture rates. There is also evidence that suggests vitamin D deficiency increases during the winter months because of decreased exposure to sunlight. Vitamin D (frequently called the "sunshine vitamin") is necessary for normal bone mineralization and growth, maintenance of muscle strength and coordination, cardiovascular health, and robust and balanced immune function.

Vitamin D Supplementation, All Year Long

Studies have shown that because our bodies use sunlight to make vitamin D, people in North America can become extremely vitamin D deficient during the winter months. But even when the sun is shining, how often do you actually see it? If you're like most people, not often—especially if you work in an office or never leave the house without covering yourself in sunscreen. USANA® **Vitamin D** supplement is formulated with a high level of vitamin D to ensure you get the nutrients you need throughout the entire year.

How Vitamin D Helps

Calcium is the major structural element of bones and teeth. Your body needs several nutrients in order for calcium to be absorbed and used properly. Two of these nutrients are vitamin D and vitamin K. Vitamin D increases absorption of calcium from the small intestine so the body receives maximum benefit, while vitamin K helps make sure calcium builds up in the bones and not in soft tissues. Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

Vitamin D also promotes a healthy, balanced immune system through its key role in regulation and differentiation of immune system cells, and it supports cardiovascular health and normal functioning of the nervous system.*

In addition, recent research has shown the following:

- Healthy vitamin D levels are a key part of minimizing age-associated bone loss, which in turn may reduce risk of osteoporosis later in life.
- Vitamin D may play a role in keeping our lungs healthy, with higher concentrations of vitamin D resulting in positive effects on lung function and health.
- Vitamin D deficiency is associated with an increased prevalence of cardiovascular disease.
- Vitamin D deficiency can weaken the muscular and skeletal systems.

Although vitamin D can be toxic in very large doses, deficiencies have become relatively common. In fact, in the most recent revision of the Dietary Reference Intakes (DRI), the recommended dietary intake for certain age groups was increased as much as 50 percent.

Cholecalciferol (Vitamin D3)

USANA's **Vitamin D** supplement is made with cholecalciferol (vitamin D3), which research suggests is better than competing forms at raising levels of vitamin D in the blood. Cholecalciferol can be acquired through diet and exposure to sunlight. Light-induced synthesis occurs in the skin when ultraviolet light reacts with a form of cholesterol, converting it to cholecalciferol. This molecule is then altered by the liver and kidneys to form the physiologically active vitamin D. Several forms have vitamin D or potential vitamin D activity. The most important forms are vitamin D2 and vitamin D3. The latter is the form normally found in humans and is also the form used in USANA's **Vitamin D** supplement.

Vitamin K

With vitamin K added to the mix, USANA's **Vitamin D** supplement is even more effective at utilizing calcium to build healthy bones. USANA's formula uses the most bioavailable form of vitamin K.

- Cardiovascular Health
- Cellular Metabolic Health
- Skeleton/Structural Health
- Endocrine Health
- Brain/Nervous Health
- Digestion/Detox Health
- Immune Health

HP In HealthPak™

Available for MyHealthPak™

Hybrid



From the Lab

A clinical study conducted by USANA scientists showed individuals taking USANA products are six times more likely to have vitamin D levels in the optimal range.

Why Vitamin D?

Even when the winter months are behind us, it doesn't mean your body needs less of a good thing. Every cell in your body needs vitamin D to function properly. USANA's **Vitamin D** supplement is a safe and easy way to get 2,000 IU of maximum-strength vitamin D enhanced with 30 µg of vitamin K.*

References

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.