



ProVita®

TABLETS

D3

1000 IU - makes it easy to take naturally sourced vitamin D3 pills without additives.

1000 IU of vitamin D3 permits effective absorption, easy dose adjustments according to individual need

Active ingredients per tablet

**Cholecalciferol
(Vitamin D3 1000 IU)**

25 µg

7 RISKS OF **VITAMIN D** DEFICIENCY

Here are some of the health risk you face if you don't get enough...



BRITTLE BONES

Aging adults are at increase risk for thin and brittle bones (osteoporosis) leading to fracture NOT because of low calcium.. but because of low vitamin D.



MUSCLE WEAKNESS & PAIN

if you have just a moderate vitamin D deficiency it can mean worsening knee and hip pain in those ages 50-80 years old.



POOR CARDIOVASCULAR HEALTH

Vitamin D deficiency can cause increased rates of high blood pressure, elevated cholesterol, and peripheral blood vessel disease.



CANCER

Low vitamin D levels increase the risk of colorectal, lung, prostate, breast and ovarian cancers.



DEPRESSION

Vitamin D helps protect against serotonin and dopamine depletion (the main feel-good neurotransmitters) in the brain.

A vitamin D deficiency increases your risk for depression by as much as 14%



DIABETES

Your risk for diabetes increases substantially if your blood vitamin D level is below 14-mg/ml (optimal is 35-80 ng/ml)



INFLAMMATION

Low vitamin D is linked to many inflammation-related illness such as hypertension, atherosclerosis, multiple sclerosis, tuberculosis, allergies and sleep apnea.

DOSAGE

Adults: 1 to 3 tablet per Dr. prescription

Children under 12 yrs: Only as professionally prescribed

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