

# Vitamin D 1000 IU

*Nature's Harmony® Vitamin D 1000 IU provides 25 mcg of vitamin D3 (cholecalciferol), the form of vitamin D that the body produces when the skin is exposed to sunlight. Vitamin D3 plays an important role in the metabolism of calcium and phosphorus, minerals that are essential for strong bones and teeth.*

PRODUCT CODE: 400617

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Enhances calcium and phosphorus absorption.	Tablet	Take 1 tablet daily with a meal or as directed by a health care practitioner.

## DESCRIPTION:

The main function of vitamin D, a fat-soluble vitamin, is to maintain normal blood levels of calcium and phosphorus. It also helps in the absorption of calcium, and thus helps to form and maintain strong bones and teeth. Vitamin D is used to treat osteomalacia (softening of the bones) secondary to liver disease, rickets and osteitis fibrosa (inflammation of bone or bony tissue). It plays a role in the management of hypocalcemia (an abnormally low concentration of calcium in the blood). Vitamin D is also used topically to treat psoriasis and it may be protective against some cancers.

Nature's Harmony® Vitamin D 1000 mg provides a high dosage form of this important vitamin.

**Recommended Daily Allowance:** Dosage varies, depending on age.

**Food Sources:** Sunlight is the best source; however, it is found in small amounts in fatty fish such as mackerel and salmon. Other sources are cod liver oil, eggs from chickens fed vitamin D and milk that has been fortified with vitamin D.

**Causes of Deficiency:** Lack of sunshine, overuse of sunscreen, poor dietary choices.

**Symptoms of Deficiency:** Rickets in children, osteomalacia (softening of the bones) in adults, joint pain.

**Complementary Nutrients:** For healthy teeth and bones, vitamin D should be combined with calcium.

## HOW IT WORKS:

Once ingested, vitamin D3 is converted in the liver to a compound that is five times more active than the original vitamin. It acts as a hormone in the body because it sends a message to the intestines to increase the absorption of calcium and phosphorus. By promoting absorption of these minerals, vitamin D helps to form and maintain strong bones. Vitamin D may have anti-cancer properties, especially against breast and colon cancers. These cancers have a higher incidence in geographical areas where people are exposed to the least amount of sunlight. Canada's long, dark winter causes many Canadians to be vitamin D deficient. For this reason, vitamin D is also known as "The Sunshine Vitamin" since it is formed in the body by the action of the sun's ultraviolet rays on the skin. Up to 20,000 IU can be made in the skin after minimal exposure or until the skin just begins to turn pink.

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## RESEARCH:

The efficacy of Nature's Harmony® Vitamin D 1000 mg is supported by scientific research. Recently, the American Medical Women's Association convened a panel of experts to discuss the overall importance of vitamin D in bone health. Based on relevant clinical practice experience and involvement in various research that highlights the role of vitamin D in bone health, the panel concluded that it is of paramount importance that vitamin D be considered for patients being treated for osteoporosis and other bone diseases.

## SIDE EFFECTS:

Vitamin D should be taken at recommended doses only. Symptoms of vitamin D toxicity include hypercalcemia (an abnormally high concentration of calcium in the blood), azotemia (an accumulation in the blood of nitrogen-bearing waste products that are usually excreted in the urine) and anemia.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Use of thiazide diuretics (water pills) in conjunction with vitamin D may cause high blood levels of calcium.

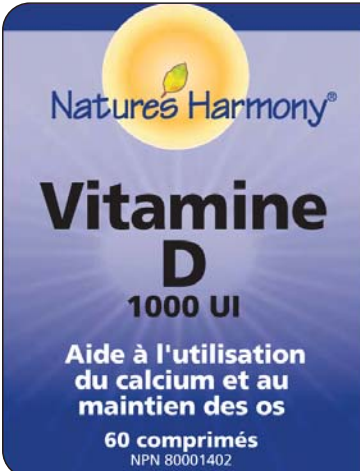
Use caution when taking vitamin D with cardiac glycoside herbs and drugs. Bile sequestrants, corticosteroids, hepatic enzyme inducers, phenytoin and phenobarbital reduce the availability of vitamin D.

## OTHER CONSIDERATIONS:

Consult a health care practitioner before use if any of the following conditions are known:

Heart, kidney or blood vessel disease; sarcoidosis; lymphoma, hypercalcemia, hyperparathyroidism.

## LABEL:

 <p><b>Nature's Harmony®</b></p> <p><b>Vitamine D 1000 UI</b></p> <p><b>Aide à l'utilisation du calcium et au maintien des os</b></p> <p><b>60 comprimés</b> NPN 80001402</p>	<p><b>Usage recommandé:</b> Aide à l'absorption et à l'utilisation du calcium et du phosphore. Aide au développement et au maintien normaux des os et des dents. Facteur dans le maintien d'une bonne santé.</p> <p><b>Dose recommandée (adultes et enfants):</b> Prendre 1 comprimé par jour.</p> <p><b>Ingrédient médicinal:</b> Chaque comprimé contient: Vitamine D3 (cholécalférol).....25 mcg/1000 UI</p> <p>Ingrédients non médicinaux: cellulose, stéarate de magnésium.</p> <p><b>Ce produit ne contient pas de maïs, ingrédients laitiers, oeufs, gluten, crustacés, soya, sulfites, ni colorants, arômes ou agents de conservation artificiels.</b></p> <p>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.</p>	 <p><b>Nature's Harmony®</b></p> <p><b>Vitamin D 1000 IU</b></p> <p><b>Helps in the Use of Calcium and Maintenance of Bones</b></p> <p><b>60 Tablets</b> NPN 80001402</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.</p> <p><a href="http://www.naturesharmony.com">www.naturesharmony.com</a> 1-877-929-2548</p> <p>SunOpta A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>63047 00617 6</p> <p>408511 01-05</p>
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## DID YOU KNOW...

*Lifestyle, skin colour, degree of air pollution and geographical latitude all affect the degree of exposure to the sun and, therefore, the amount of vitamin D we are able to make in our bodies.*