



Vitamin D 400 IU

Nature's Harmony® Vitamin D provides 400 IU 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: 400550

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Enhances calcium and phosphorus absorption. A factor in the maintenance of good health. Helps in the development of bones and teeth.	Tablet	Take 2 tablets per day with a meal, or as recommended 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.

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.

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RESEARCH:

The efficacy of Nature's Harmony® Vitamin D 400 IU 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:

Natures Harmony®

Vitamin D 400 UI

Aide au développement des os et des dents.

100 comprimés
NPN 80009142

Usage recommandé: Aide au développement et au maintien des os et des dents. Aide à prévenir une carence en vitamine D. Aide à l'absorption et à l'utilisation du calcium et du phosphore. Un facteur dans le maintien d'une bonne santé.

Dose recommandée (adultes): Prendre 2 comprimés par jour avec un repas, ou selon l'avis d'un praticien de soins de santé.

Ingrédient médicinal:
Chaque comprimé contient:
Vitamine D
(cholecalciférol).....10 mcg/400UI

Ingrédients non médicinaux: cellulose microcristalline, stéarate de magnésium.

Ce produit ne contient ni maïs, ingrédients laitiers, oeuf, gluten, lactose, crustacés, soya, amidon, sucre, sulfites, levure, ni colorants, arômes ou agents de conservation artificiels.

RANGER DANS UN ENDROIT FRAIS ET SEC. GARDER HORS DE PORTÉE DES ENFANTS.

Recommended Use: Helps in the development and maintenance of bones and teeth. Helps to prevent vitamin D deficiency. Helps in the absorption and use of calcium and phosphorus. A factor in the maintenance of good health.

Recommended Dose (Adults): Take 2 tablets per day with a meal, or as recommended by a health care practitioner.

Medicinal Ingredients:
Each tablet contains:
Vitamin D
(cholecalciferol).....10 mcg/400UI

Non-medicinal Ingredients:
Microcrystalline cellulose, magnesium stearate.

This product does not contain corn, dairy, egg, gluten, lactose, shellfish, soy, starch, sugar, sulfites, yeast, or artificial colours, flavours or preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Natures Harmony®

Vitamin D 400 IU

Helps in the Development of Bones and Teeth

100 Tablets
NPN 80009142

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'ÉPIQUEUSE INTÉRIEURE EST BRISÉE.

Manufactured for / Fabriqué pour:
Purity Life Health Products
A division of a division of SunOpta Inc. 
6 Commerce Crescent, Acton ON L7J 2K3

For more information visit www.naturesharmony.com or call 1-877-829-2548. Pour plus d'information, visitez le site www.naturesharmony.com ou composez le 1 877 829-2548.

Actual Size
Grandeur réelle
400550.01-06

F.P.O. - 80%
U.P.C. CODE TO BE USED ON ALL PRODUCTS
0 00000 00000 0



DID YOU KNOW...

The Canadian Dermatology Association states that there is a growing body of evidence that vitamin D may have beneficial effects on some types of cancer, in particular colorectal cancer. Experts are concerned that vitamin D status may be too low in the general population to achieve these health benefits.