

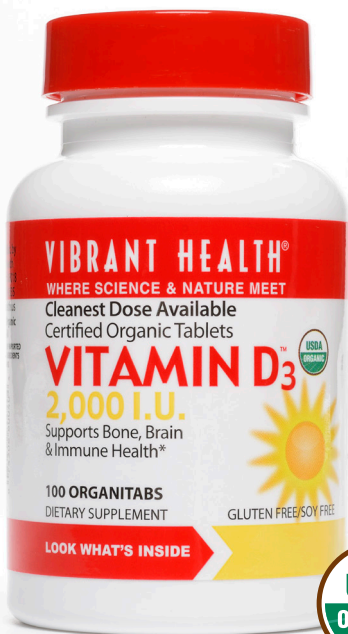
# VIBRANT HEALTH®

WHERE SCIENCE & NATURE MEET

CLEANEST DOSE AVAILABLE

# Vitamin D<sub>3</sub>

2,000 I.U. & 4,000 I.U.



*Supports Bone, Brain & Immune Health\*:*

- IMMUNE HEALTH\*
- PROTECTS SKIN & BRAIN\*
- BONE HEALTH\*
- CERTIFIED ORGANIC TABLETS

**LOOK WHAT'S INSIDE**

# VIBRANT HEALTH®

WHERE SCIENCE & NATURE MEET

**VITAMIN D<sub>3</sub>**  
2,000 I.U. & 4,000 I.U.



Research over the past decade has expanded the importance of Vitamin D in human nutrition. Vitamin D has now been shown to have a role in protecting against osteoporosis, cancers, autoimmune diseases, and high blood pressure, while supporting brain and immune function.\*

Out of the new research has come a consensus among researchers that the old RDI of 400 i.u. per day is inadequate. Instead, they point to ideal intakes of vitamin D<sub>3</sub> ranging from 1,000 i.u. for infants, up through 2,000 i.u. for children and teenagers. Intake for adults is officially recommended at 2,000 i.u., although as we age, it becomes more difficult to absorb sufficient vitamin D. Therefore, some of the most respected researchers (e.g. Heaney, et. al.) insist that 4,000 to 10,000 i.u. are suitable for older adults in order to maintain immunity and skeletal health.\*

Even though we now know more vitamin D is needed, widespread use of sunscreen and consumption of processed foods have placed increasing numbers of the population into varying degrees of vitamin D deficiency. Fortified foods and supplements can be used to maintain a desirable level of vitamin D nutrition. Our certified organic tablet provides a delivery vehicle for Vitamin D<sub>3</sub> that is free of contaminants, genetically modified substances or other undesirable components.

► **Directions** As a dietary supplement, take one (1) Organitab daily. Best taken at meals that contain some fat to maximize absorption, or as directed by a health professional. Keep out of reach of children. Store in a cool dry place.

**2,000 i.u.**

<b>Supplement Facts</b>		
Serv. Size 1 Organitab	Serv. Per Container 100	
Amount per serving		
		% DV
Vitamin D3 (cholecalciferol)	2,000 i.u.	1,000%

**Other Ingredients** Organic maltodextrin, organic rice bran extract, organic gum Arabic, silicon dioxide

**4,000 i.u.**

<b>Supplement Facts</b>		
Serv. Size 1 Organitab	Serv. Per Container 100	
Amount per serving		
		% DV
Vitamin D3 (cholecalciferol)	4,000 i.u.	1,000%

**Other Ingredients** Organic maltodextrin, organic rice bran extract, organic gum Arabic, silicon dioxide

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

VIBRANT HEALTH | 800.242.1835 | [vibranthealth.us](http://vibranthealth.us)

© 2014 Vibrant Health | Printed on Recycled Paper (30% PCW)