

Cyto·D3 2500IU - Softgels

2500IU of stable and active vitamin D3 per softgel in a highly bioavailable base of organic coconut oil.

Each softgel contains:

Vitamin D3 (cholecalciferol)

2500IU (62.5mcg)

90 softgels



GMO, gluten, soy and dairy free.

As Canadians living north of the equator, sun exposure is not always guaranteed and winters can be long. This is problematic not only because of the health implications in the absence of light and outdoor exposure, but also because of the role that ultraviolet (UV) rays play in the synthesis of vitamin D3 within the body.

Vitamin D3, also known as cholecalciferol, is the preferred form of vitamin D for optimal bioavailability and function within the body. It is naturally photosynthesized in the skin tissue from the cholesterol compound 7-dehydrocholesterol after exposure to UV-B rays. However, current estimates suggest that 1 in 3 Canadians are overtly deficient in vitamin D as a result of inadequate sun exposure, poor diet,

medication use, and other stressors. About 2 in every 3 Canadians have adequate, yet suboptimal, vitamin D levels.

These numbers are concerning because vitamin D is imperative for countless actions within the human body. It is most well-known for its ability to upregulate calcium absorption from the gut. However, research in the past two decades has discovered that vitamin D3 is needed for proper immune function, mood health, cardiovascular function, skin health and proper gene expression. Consider that vitamin D receptors (VDR's) are found in dozens of tissues, including thyroid, adrenal, pancreas, skeletal muscle, cardiovascular tissue, colon, liver, kidney, breast and retina.

Key points

- Supportive for skeletal health, immunity, mood disorders, cardiovascular function, hormone imbalances and more
- 2500IU of stable vitamin D3 per softgel, with 90 softgels per bottle, allowing for variable and condition-specific dosing
- Delivered in a base of organic coconut oil, for optimal bioavailability

With this in mind, it's no surprise that many experts now refer to vitamin D3 as a hormone with the ability to actually modify genetic production and expression.

Cyto-D3 2500IU - Softgels is designed to aid in the prevention of vitamin D3 deficiency. Each softgel provides 2500IU of stable vitamin D3 in a base of organic coconut oil to encourage optimal absorption and bioavailability.

Related products

Cal-Mag + D3 Liquid
Cyto-D3 1000IU Drops
Cyto-D3 Kids Drops
K2-D3
K2-D3 Matrix
K2-D3 Matrix Liquid
K2-D3 Matrix + Magnesium
Bis-Glycinate

Indications: Helps to prevent vitamin D deficiency.

Directions: Adults - Take 1 softgel per day with an adequate intake of calcium or as directed by a healthcare professional.

Duration of use: Consult a healthcare professional for use beyond 6 months.

Non-Medicinal Ingredients: Organic virgin coconut oil (yielding 65-75% medium chain triglycerides)*, glycerin, purified water. Capsule: gelatin.

*Organic coconut oil melts between 23 and 27°C. It is normal if the contents of the softgel appear to be solid white or a golden liquid.

Warnings: Do not use if safety seal is broken. As with any natural health product, you should consult a healthcare professional prior to use, especially if you are pregnant or breastfeeding or if you have kidney disorders. Consult a healthcare professional prior to use if you take any prescription medications including antacids, anticonvulsants, digoxin, cholestyramine, colestipol, mineral oil, steroids, statins or thiazide diuretics, or if you take other vitamin D supplements, multivitamin supplements containing vitamin D, or products containing vitamin D analogues. 15-20 mcg (600-800 IU) of vitamin D per day is adequate for most individuals. Consult a healthcare professional to determine if you would benefit from additional vitamin D before taking this product.

Contraindications: Do not use this product if you have hypercalcemia and/or hypercalciuria.

Known adverse reactions: Stop use and consult a healthcare professional if weakness, fatigue, drowsiness, headache, lack of appetite, dry mouth, metallic taste, nausea, vomiting, vertigo, ringing in the ears, lack of coordination and muscle weakness occur, which are early symptoms of hypercalcemia, or if you have any other side effects.



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