

# Active Life Nutrient Capsules

Multi Vitamin and Mineral Capsule



## DESCRIPTION

Active Life Nutrient Capsules are a balanced vitamin/mineral/trace element supplement with over 22 essential nutritional ingredients in a convenient once daily capsule.

## FUNCTIONS

Studies have shown that a high percentage of adults and children in North America and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balances of these nutrients are needed not only for maintaining good health, but also for the dietary management and prevention of chronic disease. Active Life Nutrient Capsules have been formulated to provide nutrients in their active forms including: methylcobalamin, the active form of vitamin B12; MTHF, the active form of folic acid; and P5P, the active form of vitamin B6. This is in addition to active antioxidants such as alpha lipoic acid, lutein, lycopene and zeaxanthin.

Active Life Nutrient Capsules provide vital nutrients for the support of:

- Bone health by providing adequate dietary intake of all of the B Vitamins along with vitamin D, boron and zinc.
- Cardiovascular health by providing CoEnzyme Q10, lycopene, lutein, zeaxanthin, vitamins A, C, E mixed carotenoids and a complete B vitamin complex.
- Metabolic functions such as proper blood glucose levels which are supported by vitamins C, E, B6, B12, niacin and biotin as well as chromium, alpha lipoic acid and manganese.
- Anti-aging with the inclusion of vitamin A, C, E, mixed carotenoids, lutein, alpha lipoic acid, lycopene and zeaxanthin.
- Fat metabolism with the addition of choline and inositol which support fat metabolism and myelin sheath health.

Citrus and gluten free, Active Life Nutrient Capsules provides a balanced multiple vitamin/mineral supplement in a convenient capsule form.

## INDICATIONS

Active Life Nutrient Capsules is a useful dietary supplement for individuals who wish to consume essential nutrients for health.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## FORMULA (WW #10271)

### One capsule contains:

Vitamin A (as 50% Retinyl Acetate, 50% Mixed Carotenoids) .....	3500 IU
Vitamin C (as Ascorbic Acid) .....	150 mg
Vitamin D3 (as Cholecalciferol) .....	2000 IU
Vitamin E (as d-Alpha Tocopheryl Succinate) .....	30 IU
Thiamine (as Thiamine HCl) .....	5 mg
Riboflavin (as Riboflavin 5-Phosphate) .....	3.5mg
Niacin (as Niacinamide) .....	20mg
Vitamin B6 (as Pyridoxal 5-Phosphate).....	5 mg
Folate.....	400 mcg (as MTHF from 800mcg of Quatrefolic)
Vitamin B12 (as Methylcobalamin).....	500 mcg
Biotin.....	300 mcg
Pantothenic Acid (as Ca Pantothenate).....	10 mg
Iodine (as K Iodide) .....	150 mcg
Zinc (as Zn Citrate).....	25 mg
Selenium (as Selenomethionine).....	50 mcg
Manganese (as Mn Citrate).....	2 mg
Chromium (as Cr Polynicotinate) .....	200 mcg
Molybdenum (as Mo Amino Acid Chelate).....	75 mcg
Coenzyme Q10.....	50 mg
Alpha Lipoic Acid.....	50 mg
Choline (as Choline Bitartrate) .....	25 mg
Inositol .....	25 mg
Lutein .....	3 mg
Boron (as B Amino Acid Chelate) .....	1 mg
Lycopene .....	500 mcg
Zeaxanthin.....	500 mcg
Other ingredients: Vegetable cellulose (capsule), microcrystalline cellulose, vegetarian leucine.	
Contains: Fish (Tilapia).	

This product contains NO citrus, gluten, or yeast

## SUGGESTED USE

Take 1 capsule daily with food, or as directed by a healthcare practitioner.

## SIDE EFFECTS

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## McMahan Pharmacy

Manufactured For: 1503 W. Front Street  
Goldthwaite, TX 76844  
325.648.2484

# Calcium & Magnesium Plus

With Boron & Vitamin D



## DESCRIPTION

Calcium & Magnesium Plus formula is designed to provide the structural components, as well as help support some of the complex biochemical and physiological processes involved in building and maintaining strong, healthy bone structure. Each tablet provides 500 mg of calcium and 250 mg of magnesium.

## FUNCTIONS

The adult human body contains approximately 1,200 g of calcium, about 99% of which is present in the skeleton, and 20-30 g of magnesium with about 60% located in bone. The process of building and maintaining bone structure involves numerous biochemical and physiological processes. Osteoblasts and osteoclasts are the two primary types of bone cells involved in maintaining skeletal structure. Osteoblasts are responsible for bone mineralization (building new bone). Osteoclasts are responsible for secreting acid and enzymes that help dissolve "old" bone tissue into calcium and other components, some of which may be reused by the body. This process is known as "resorption". In children and adolescents, the rate of formation of bone mineral predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone. It is generally accepted that obtaining enough dietary calcium throughout life can significantly decrease the risk of developing osteoporosis. Among other factors, such as regular exercise, gender, and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life. But even elderly osteoporotic patients can benefit significantly from supplementation with dietary calcium. Other nutrients like boron, an essential trace mineral, is required for various hormonal process that impact bone health, and helps support the functions of calcium, magnesium, and vitamin D.

## INDICATIONS

Calcium & Magnesium Plus may be a useful dietary supplement for those looking to augment their calcium and magnesium intake without having to take numerous pills.

## SUGGESTED USE

Adults take 1 tablet, 2 times daily with meals or as directed by a healthcare professional.

## FORMULA (WW #10024)

### One Tablet Contains:

Calcium..... 500 mg  
(as carbonate, citrate, amino acid chelate)  
Vitamin D (cholecalciferol) ..... 25 IU  
Magnesium..... 250 mg  
(as oxide, citrate, amino acid chelate)  
Boron..... 1 mg  
(as citrate, aspartate, glycinate)  
Betaine hydrochloride..... 25 mg  
Other Ingredients: cellulose, cellulose gum, stearic acid, calcium tricitrate, and pharmaceutical glaze. Contains soy.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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# Hair, Skin, & Nails (RF)



## DESCRIPTION

Hair, Skin, and Nails (RF) provides a complete formula of vitamins, minerals, and nutrients which have been shown to support healthy hair, skin, and nails.

## FUNCTIONS

The key to healthy skin, lustrous hair, and strong nails is to build them from the inside out utilizing key nutrients. The Hair, Skin, and Nails (RF), is designed to help support healthy hair, skin, and nails by providing the widest range of essential nutrients including vitamins, minerals, and amino acids. The body then incorporates these nutrients in a series of complex biochemical and physiological processes which result in healthier hair, skin, and nails. The true strength and quality of the hair, skin, and nails is built from inside the body out.

Hair, Skin, and Nails (RF) helps support the production of specialized proteins such as collagen, elastin, and keratin: all important structural components. Included in the formulation are vitamin C, copper, and zinc, which are all essential for the synthesis and repair of collagen: important for healthy, strong, vibrant skin. Zinc has been shown to be helpful for cell growth, repair, and function, particularly in the cells of the skin. This formulation is rich in sulfur-containing ingredients, such as MSM, L-cysteine, and methionine; all of which help contribute to the strength and stability of the underlying structure of hair, skin, nails, and other body tissue. Important in the formulation is biotin, one of the B-complex vitamins, essential for the metabolism of fatty acids, nutrients necessary for maintaining healthy hair and soft, moist skin. Hair, Skin, and Nails (RF) contains powerful antioxidants vitamins C and E and the mineral selenium, all of which help protect the skin against harmful UV light damage and other sources of oxidative or free radical damage. Finally, this formulation contains Horsetail extract, which provides silicon, an important structural component of skin, hair, and nails.

## INDICATIONS

Hair, Skin, and Nails (RF) may be a useful dietary adjunct for individuals who wish to support healthy hair, skin, and nails.

## SIDE EFFECTS

No adverse effects have been reported.

## SUGGESTED USE

Adults take 3 tablets daily with meals or as directed by a healthcare professional.

## STORAGE

Store in a cool, dry place away from sunlight.

## FORMULA (WW #10312)

### 3 Tablets Contain:

Vitamin A (as palmitate) .....	5,000 iu
Vitamin C (as ascorbic acid) .....	60 mg
Vitamin D (as cholecalciferol) .....	200 iu
Vitamin E (as d-alpha tocopheryl succinate) .....	30 iu
Vitamin B-1 (as thiamin hydrochloride) .....	25 mg
Vitamin B-2 (as riboflavin) .....	25 mg
Niacin (as niacinamide) .....	20 mg
Vitamin B-6 (as pyridoxine hydrochloride) .....	25 mg
Folic acid .....	400 mcg
Vitamin B-12 (as cyanocobalamin) .....	100 mcg
Biotin .....	1,200 mcg
Pantothenic acid (as d-calcium pantothenate) .....	100 mg
Calcium (as carbonate, amino acid chelate) .....	300 mg
Magnesium (as oxide, amino acid chelate) .....	60 mg
Zinc (as monomethionine) .....	5 mg
Selenium (as L-selenomethionine) .....	200 mcg
Copper (as amino acid chelate) .....	1 mg
Manganese (as amino acid chelate) .....	5 mg
MSM (methylsulfonylmethane) .....	200 mg
Horsetail leaf extract .....	100 mg
Choline (as bitartrate) .....	25 mg
Inositol .....	25 mg
PABA (as para aminobenzoic acid) .....	10 mg
Boron (as citrate, aspartate, glycinate) .....	1 mg
L-Cysteine .....	300 mg
Citrus bioflavonoids .....	100 mg
Nettle leaf powder .....	100 mg
L-Methionine .....	50 mg
Trace minerals .....	50 mg
Other Ingredients: cellulose, cellulose gum, vegetable stearin, silica, dicalcium phosphate, and magnesium stearate.	
Contains soy.	

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

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# Magnesium

## Chelate 400 mg



### DESCRIPTION

Magnesium Chelate 400 mg is a nutritionally functional magnesium amino acid chelate with excellent bioavailability. Each tablet delivers 133 mg of elemental magnesium as a bis-glycinate/lysinate chelate, or 400 mg per 3 tablet serving.

### FUNCTIONS

Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzymes require magnesium as a cofactor. Complexed with ATP, the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes, glycolysis, formation of c-AMP, energy-dependent membrane transport, transmission of genetic code for protein synthesis, and muscle function.

Of the 20-30 grams of total body magnesium, about 40% is located in muscle and other soft tissues, and the remainder in bone. The concentration of intracellular magnesium is carefully regulated, and its alterations can have profound effects on cardiac and skeletal muscle physiology.

Healthy people require about 4.5 mg of dietary magnesium per kg body weight, or 280 mg for a 62 kg female and 350 mg for a 76 kg male. The U.S. RDA is 400 mg/day.

The efficiency of magnesium absorption is a function of dietary intake. At very low intakes (less than 40 mg) 65-70% of dietary magnesium is absorbed, whereas at high intakes (1,000 mg) less than 15% is absorbed. Most people are expected to absorb about 30-60% at common levels of dietary magnesium. Contrary to common belief, recent studies suggest that magnesium absorption is not affected by calcium or vitamin D, and vice-versa. The kidney plays a critical role in magnesium homeostasis. At average magnesium intakes, the kidneys reabsorb about 95% of the filtered magnesium. Our Magnesium is a glycine/lysine chelate that is a well absorbed and highly tolerated form of magnesium.

### INDICATIONS

Magnesium may be a useful nutritional adjunct for individuals who wish to increase their dietary intake of magnesium.

### SIDE EFFECTS

No adverse effects have been reported.

### FORMULA (WW #10303)

#### 3 Tablets Contain:

Magnesium (amino acid chelate)..... 400 mg  
Other Ingredients: cellulose gum, vegetable stearin, and magnesium stearate.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

### SUGGESTED USE

Adults take 3 tablets daily as a dietary supplement, or as directed by healthcare professional.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

- Abbott L, Nadler J, Rude RK. Magnesium deficiency in alcoholism: Possible contribution to osteoporosis and cardiovascular disease in alcoholics. *Alcoholism (NY)* 1994;18:1076-1082.
- Adaniya H, Hayami H, Hiraoka M, Sawanobori T. Effects of magnesium on polymorphic ventricular tachycardias induced by aconitine. *J Cardiovasc Pharmacol* 1994;24:721-729.
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# Melatonin

3 mg / Long-Acting



## DESCRIPTION

Melatonin Long-Acting tablets contain 3 mg of purest pharmaceutical grade melatonin, in a prolonged-release, bisected tablet.

## FUNCTIONS

Melatonin is a natural hormone nutrient that is synthesized from the amino acid tryptophan by the pineal gland in the back of the brain. Melatonin also occurs in small amounts in a variety of foods. In the body, melatonin appears to regulate sleep/wake cycles, support normal immune function, and protect cells from free radical damage.

Most of the research on melatonin has focused on its role in maintaining normal sleep/wake rhythms. The perception of daylight in the eyes is a signal for the pineal gland to inhibit melatonin synthesis and release. At night or in the dark, the body's melatonin production rises. The rise in plasma melatonin is thought to be responsible for bringing on sleep. Nocturnal melatonin production is highest in children and begins to decline from adolescence on until it is virtually absent in the elderly.

Melatonin supports normal immune function by helping maintain the activity of circulating natural killer cells. It also has been found to function as an antagonist for stress-induced immunosuppression.

Melatonin is considered a potent antioxidant that enters all body cells to help prevent free radical damage. In the brain, melatonin is perhaps the most important physiological antioxidant. Due to its lipid and water-soluble properties, it can freely cross the blood-brain barrier. In vitro studies show that melatonin is more effective than glutathione in scavenging toxic hydroxyl radicals, and also more efficient than vitamin E in neutralizing peroxy radicals which can induce DNA damage. Furthermore, melatonin stimulates the main antioxidant enzyme of the brain, glutathione peroxidase.

## INDICATIONS

Melatonin Long Acting tablets may be a useful dietary supplement for individuals wishing to supplement their diet with melatonin.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## FORMULA (WW #10106)

### 1 Tablet Contains:

Melatonin.....3 mg  
Other Ingredients: cellulose, silica, and vegetable stearate.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, preservatives, artificial colors and flavors.

## SUGGESTED USE

Adults take 1 tablet 1 hour before bedtime as directed by a healthcare professional only.

## SIDE EFFECTS

Warning: Not to be taken by individuals under the age of 18. If you are pregnant, nursing, taking any prescription medication, or have an autoimmune or depressive disorder consult a physician before using this product. Long-term use of melatonin has not been studied. Do not use before or while operating a motor vehicle or heavy machinery.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

- Alvarez B, Dahlitz M, Vignau J, Parkes JD: The delayed sleep phase syndrome: Clinical and investigative findings in 14 patients. *J Neurol Neurosurg Psychiatry* 1992;55:665-670.
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# Memory Plus

Enhances Memory Retention and Clarity



## DESCRIPTION

Memory Plus is a synergistic combination of nutrients which can be helpful in enhancing mental clarity, improving memory retention, and improving attention.

## FUNCTIONS

Memory Plus is a unique formulation of botanicals, amino acids, circulatory aides, antioxidants, and accessory nutrients that are believed to be helpful for optimal cognitive function and memory enhancement. This combination of ingredients offers enhanced neuroprotection, mitochondrial energy support, and neurotransmitter balancing. N-acetyl L-carnitine protects against beta-amyloid neurotoxicity commonly found in Alzheimer's disease and significantly reduces oxidative damage to RNA. Phosphatidylserine has demonstrated some usefulness in treating cognitive impairment and age-associated memory impairment. It is also useful in treating those patients with well-known degenerative memory impairment conditions. Nattokinase functions as a fibrinolytic. Daily use reduces the risk of thrombotic events by enhancing normal circulation and oxygen perfusion to tissues.

Bacopa Leaf (*Bacopa Monniera*) has antioxidant properties and has a long traditional Ayurvedic use for memory enhancement. Human studies have shown Bacopa decreases the rate of forgetting and improves mood. Dimethyl Amino Ethanol (DMAE) is made naturally in the brain. It has been shown to alleviate behavioral problems and normalize activity levels and attention. DMAE increases attention span, decreases aggressive behavior, improves learning ability, and occasionally shows an increase in IQ in those with deficient attention span. Ginkgo Leaf Extract (*Ginkgo Biloba*) is widely used as a dietary supplement for increasing cognitive function in elderly people through enhancing cerebral vasodilation. Vinpocetine increases cerebral blood flow and metabolism. Vinca minor, the plant source for vinpocetine, has a long-standing use as an aide to cognitive enhancement. Alpha R Lipoic Acid (ARLA) has strong antioxidant protective qualities and enhances antioxidant recycling. It is believed ARLA may slow brain aging and have anti-aging benefits. ARLA is the biologically active form of lipoic acid and is considerably stronger than synthetic ALA, a racemic mixture

## INDICATIONS

Memory Plus may be a useful dietary supplement for individuals wishing to improve cognitive function, memory and attention.

## FORMULA (WW #10270)

### 2 Vegetarian Capsules Contain:

N-acetyl L-carnitine (HCl) .....	500 mg
Phosphatidylserine 20%.....	100 mg
Nattokinase (nattozimes) .....	100 mg
Bacopa leaf extract.....	100 mg
( <i>Bacopa monnieri</i> , 20%)	
DMAE (dimethylethanolamine) .....	100 mg
Ginkgo leaf extract.....	40 mg
( <i>Ginkgo biloba</i> , 24:6)	
Vinpocetine .....	10 mg
Alpha R-Lipoic Acid.....	5 mg
Huperzine A .....	38 mcg
( <i>Huperzine serrata</i> 1%)	

Other ingredients: Vegetable cellulose (capsule), microcrystalline cellulose, vegetarian leucine.

Contains soy.

## SUGGESTED USE

Adults take 2 capsules 1-3 times per day or as directed by your healthcare professional.

## SIDE EFFECTS

Warning: If pregnant or breast feeding, consult your healthcare professional before use.

Warning: This product is contraindicated for individuals with a history of bleeding tendency or with conditions associated with bleeding. Due to potential synergistic effects, concurrent use with anticoagulant and blood pressure medications should be closely supervised by a healthcare professional.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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# Saw Palmetto

320 mg / Standardized Supplement



## DESCRIPTION

Saw Palmetto 320 mg is a standardized vegetarian dietary supplement to support proper prostate function.

## FUNCTIONS

Saw Palmetto has been shown to positively affect the structure and function of the prostate gland during the normal aging of men. Saw Palmetto (*Serenoa repens*) inhibits the conversion of testosterone to its more active and potentially deleterious form, dihydrotestosterone (DHT), via inhibition of alpha-5-reductase. Saw Palmetto not only inhibits the binding of DHT to cellular receptors, but also has alpha 1-adrenoceptor-inhibitory properties. Alpha 1-adrenoceptor antagonism may be responsible for saw palmetto's therapeutic effect in supporting the urinary tract during the normal aging of men. Saw palmetto extracts have also been found to inhibit the biosynthesis of pro-inflammatory prostaglandins and leukotrienes which may exacerbate those symptoms. Saw palmetto works most effectively for BPH when used along with zinc and essential fatty acids.

## INDICATIONS

Saw Palmetto 320 mg capsules may be a useful dietary supplement for men who wish to support and maintain the healthy structure and function of their prostate gland.

## FORMULA (WW #10335)

### 1 Capsule Contains:

Saw Palmetto (*Serenoa repens*) Extract..... 320 mg  
Yielding: Free fatty acids ..... 80 mg  
Other ingredients: Vegetable cellulose, microcrystalline cellulose, vegetarian leucine, and silica.

## SUGGESTED USE

Adults take 1 capsule daily with a meal or as directed by a healthcare professional.

## SIDE EFFECTS

Warning: If pregnant or nursing, consult your healthcare professional before taking this product.

## STORAGE

Store in a cool, dry place, away from direct sunlight. Keep out of reach of children.

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# Vitamin B-Complex

100 mg / Long Acting Formula



## DESCRIPTION

Vitamin B-Complex is a sustained release supplement that provides a full spectrum of the essential B-complex vitamins.

## FUNCTIONS

As coenzymes (biological compounds that help enzymes carry out chemical reactions), B-vitamins are essential nutrients involved in most metabolic reactions. They play an important role in energy production, particularly in the metabolism of carbohydrates, fats and proteins. These essential nutrients are also important for the production of healthy cells, hormones, neurotransmitters and other vital compounds. They are needed for healthy nerve, heart, brain, muscle and other important cell/tissue function. The B-vitamins are water-soluble, and therefore, not stored to any significant extent in the body. This is why we need to ensure adequate intakes of these nutrients on a daily basis. Due to the excess consumption of refined and processed foods, the average person does not consume optimal amounts of these nutrients. Vitamin B-Complex provides high amounts of these essential vitamins. The nutrients are in a sustained released tablet, which binds the nutrients in a special matrix to allow the slow release of B-vitamins over an extended period of time.

## INDICATIONS

Vitamin B-Complex may be a useful dietary supplement for those who wish to fortify their diet with B-vitamins and ensure optimal levels of these nutrients.

## SIDE EFFECTS

No adverse effects have been reported.

## FORMULA (WW #10153)

### 1 Tablet Contains:

Vitamin B-1 (as thiamine HCl).....	100 mg
Vitamin B-2 (as riboflavin).....	100 mg
Niacin (as niacinamide).....	100 mg
Vitamin B-6 (as pyridoxine HCl).....	100 mg
Folic Acid.....	400 mcg
Vitamin B-12 (as cyanocobalamin).....	100 mcg
Biotin.....	100 mcg
Pantothenic Acid (as calcium pantothenate).....	100 mg
Para Aminobenzoic Acid.....	100 mg
Choline (as bitartrate).....	40 mg
Inositol.....	100 mg
Other Ingredients: rice bran, alfalfa, parsley, watercress, (May contain one or more of the following: magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate, silica, vegetable gum, and natural vanilla powder).	

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

Adults take 1 tablet daily with meals or as directed by a healthcare professional.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

- Groff, J and S. Gropper. Advanced Nutrition and Human Metabolism, 3rd Ed. Belmont, CA: Wadsworth; 2006.
- Combs, Jr., G. F.(1998). The vitamins: Fundamental aspects in nutrition and health. Academic Press: San Diego, CA.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured For:

**McMahan Pharmacy**  
1503 W. Front Street  
Goldthwaite, TX 76844  
325.648.2484



# Vitamin D-3

5,000 IU



## DESCRIPTION

Vitamin D contains 5,000 I.U. of natural vitamin D3 per tablet.

## FUNCTIONS

Vitamin D, also known as the “sunshine vitamin,” is an essential vitamin that plays many important roles in the proper functioning of the body. Though classified as a vitamin, vitamin D is actually a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy plasma calcium levels. Besides bone support, vitamin D has many other roles in the body, including modulation of cell growth, neuromuscular and immune function and inflammatory support.

Numerous scientists now feel that supplementation with vitamin D at levels greater than previously thought necessary is critical to helping maintain healthy bone remodeling and healthy vitamin D plasma levels.

Even though the human body can manufacture vitamin D under ideal circumstances, there is strong evidence that much of the American population suffers from a deficiency of the nutrient. This means that supplementation may be important.

## INDICATIONS

Vitamin D 5,000 IU may be a useful dietary supplement for those individuals wishing to support general health or whose requirements for vitamin D cannot be met by lower potency products.

## SIDE EFFECTS

No adverse effects have been reported.

## FORMULA (WW #10252)

### 1 Softgel Capsule Contains:

Vitamin D-3 ..... 5,000 I.U.  
(as cholecalciferol)

Other Ingredients: Softgel (gelatin, glycerin and water), safflower oil, and cholecalciferol.

Cholecalciferol (D3) is a natural, highly bioavailable form of vitamin D derived from lanolin.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take 1 softgel daily with meals, or as directed by a healthcare professional.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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