

## ADVANCED D<sub>3</sub> FORMULAS



Officially known as cholecalciferol, vitamin D's nickname, the "sunshine vitamin," offers insight into one of the ways humans can get this vitamin. Aside from exposure to sunlight, you can also obtain vitamin D<sub>3</sub> by eating certain foods such as fish, eggs, and milk fortified with Vitamin D<sub>3</sub>. However, many people do not have adequate levels of this vitamin in their system and therefore require supplements.

### Bone Building and Immune Modulating

Vitamin D<sub>3</sub> is a crucial nutrient for overall health. However, even though the body is capable of manufacturing Vitamin D<sub>3</sub> from the UVB rays of sunlight, millions of individuals are deficient in this life-sustaining, bone-building, and immune-modulating vitamin. Vitamin D deficiency can lead to a softening of the bones, known as osteomalacia in adults and rickets in children.

## FOR EVERY AGE AND STAGE

Zahler created a full line of Vitamin D<sub>3</sub> for every age and stage to help fill in the gap of this critical vitamin. Because D<sub>3</sub> deficiency is very common, Zahler D<sub>3</sub> is available in a 50,000 IU dose - where only 1 capsule is needed weekly. We also have D<sub>3</sub> available in softgel format ranging from 1,000 – 10,000 IU; and in liquid format in 1,000 & 5,000 IU, where only one microdrop is needed per dose. And since children, in particular, need to have sufficient nutrients to sustain necessary growth, we have D<sub>3</sub> available in a liquid format for infants, with 400 IU per microdrop, and in a chewable format for youngsters.

### Vitamin D Deficiency Causes:

- Spending too much time indoors
- Living far from the equator
- Eating a strictly vegan diet, which is low in vitamin D

### Higher Rate of Deficiencies Among:

- Breastfed infants since Vitamin D does not go through the milk (even if the mother is taking Vitamin D)
- People with darker skin
- Obese individuals

### Vitamin D Deficiency by the Number:

- 40% of seniors have Vitamin D deficiency
- Millions of individuals worldwide do not have sufficient Vitamin D
- Wearing sunscreen diminishes vitamin D absorption via sunlight by more than 90%

