

ROLE OF VITAMIN D:

- FIGHT DISEASE:
 - REDUCES THE RISK OF MULTIPLE SCLEROSIS.
 - DECREASES THE CHANCE OF HEART DISEASE.
 - SUPPORTS IMMUNE SYSTEM.
 - HELPS IN SLOWING BONE MINERAL LOSS SO PREVENT OSTEOPOROSIS.
 - DECREASES THE RISK OF CANCER.
 - DECREASES THE RISK OF TYPE II DIABETES.
 - PREVENT AND TREAT (RICKETS IN CHILDREN) AND (OSTEOMALACIA IN ADULTS).
- REGULATE MOOD & REDUCE DEPRESSION.
- ABSORPTION OF CALCIUM & PHOSPHORUS.

ADEQUATE PERCENTAGE FOR ADULTS, CHILDREN AGE 9 YEARS AND OLDER, PREGNANT AND BREASTFEEDING IS 4000 IU PER DAY, HIGHER DOSES CAN CAUSE MANY SIDE EFFECTS LIKE:

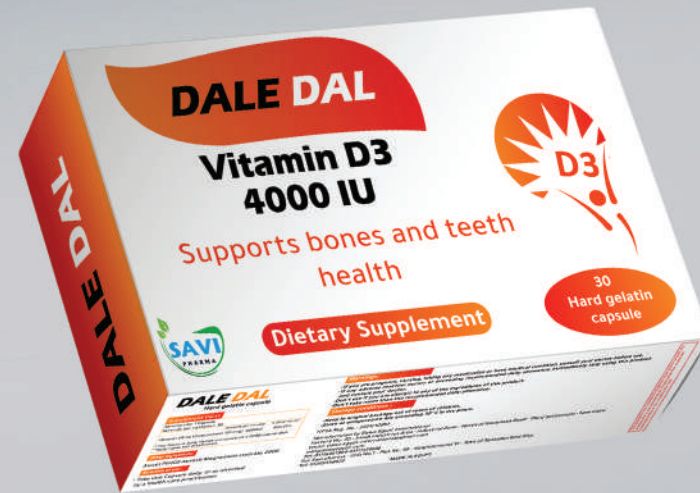
- NAUSEA & VOMITING
- CONSTIPATION
- CONFUSION & DISORIENTATION
- KIDNEY STONES & KIDNEY DAMAGE
- POOR APPETITE AND WEIGHT LOSS
- WEAKNESS
- HEART RHYTHM PROBLEMS



DALE
DAL

DALE DAL

VITAMIN D 4000 IU



GROWTH AND DEVELOPMENT OF BONES & TEETH

Support Normal Immune
system Function
Maintain Strong Bones

