

Vitamin D-3TM

Cholecalciferol



WHAT IS IT?

- An essential nutrient that is made in the body when exposed to sunlight and is naturally present in very few foods
- It plays a vital role in bone health, muscle metabolism, immune function, cardiovascular health and more
- It is an underconsumed nutrient in the U.S. and low intakes are associated with health concerns

WHO IS IT FOR?

- People who have insufficient levels (<30ng/mL)
- People who do not get regular exposure to sunlight
- People who do not consume food sources of vitamin D (salmon, fish liver oils, fortified beverages)



WHAT ARE THE BENEFITS?

- Contains cholecalciferol, the most effective form for raising vitamin D levels in the body
- Supports bone health, the immune system, cardiovascular system and muscle metabolism

WHAT MAKES THIS PRODUCT UNIQUE?

- **NSF Certified for Sport** – Independently tested for purity and potency
- Works synergistically with other dotFIT products

