

dotFIT Vitamin D-3



Supplement Facts

Serving Size: 1 Softgel Capsule

	Amount Per Serving	% DV
Vitamin D-3 (as cholecalciferol)	25 mcg (1,000 IU)	125%*

*% Daily Values are based on a 2,000 calorie diet.

Who is this for?

- Anyone seeking overall health benefits of associated with the recent increased recommendations of Vitamin D.
- Individuals seeking to reach serum levels of vitamin D to equal or above 30 ng/mL (75 nmol/L).
- Those who do not consume vitamin D rich foods regularly (fatty fish, fortified milk and other fortified products).
- Those who do not have adequate sun exposure to raise vitamin D to recommended levels in the body.
- It is estimated that less than 30% of Americans have sufficient levels of Vitamin D.

What makes this product unique?

- This formula contains the form of vitamin D (cholecalciferol) shown to increase levels in the body.
- Complements any dotFIT multivitamin and mineral formula + dotFIT SuperCalcium+ to keep intake at safe and optimal range (2,000-2,600 IU/d).
- NSF Certified for Sport for purity, potency and label accuracy.

How should I take this?

- Take one (1) capsule per day with food to reach blood levels of 30 ng/mL (75 nmol/L) or as recommended by your health professional.

