



# Vitamin D3 2,500 IU

ARE YOU  
“D”-FICIENT?



All New Roots Herbal Products Are Tested  
in Our ISO 17025–Accredited Laboratory

# Vitamin D3

## 2,500 IU



### What is Vitamin D3 and Why Supplement?

Vitamin D3 (cholecalciferol) is the biologically active form of this critical vitamin. Your body gets it by means of a diet rich in fish, dairy, and fortified food; or via exposure of a specific form of cholesterol within the skin to sunlight, which the liver then transforms to D3.

The World Health Organization (WHO) has identified over 100 studies highlighting the benefits of vitamin D3 supplementation.

Statistics Canada identified that 40% of Canadians are D3 deficient in winter and 25% during summer months; year-round supplementation is highly recommended to avoid deficiency.

Health Canada recently approved over-the-counter sales of vitamin D3 with a daily dosage of 2,500 IU to prevent vitamin D deficiency.

New Roots Herbal is offering this higher 2,500 IU dosage in convenient capsule, softgel, and liquid forms.

## **Factors that Contribute to Vitamin D3 Deficiency**

- Canada's geographical location puts our population at a disadvantage for the quality and quantity of sunshine for sufficient vitamin D3 production.
- Many of us work indoors, depriving us of precious sunlight hours.
- When we venture outdoors, we protect ourselves with clothing and sunscreen.
- Environmental factors such as smog diminish quality exposure to sunshine.
- Skin tone affects D3 production; darker-toned skin has more melanin, a compound which limits absorption of sunlight.
- There is a prevalence of inadequate levels of vitamin D3 in postmenopausal women, notably those with osteoporosis and a history of fragility fractures.
- We all experience an age-related decline in the ability to generate our own vitamin D3.

## **Supplementation Makes Sense!**

New Roots Herbal offers 1,000 IU dosage for immune support and the development of bones and teeth in liquid, softgel, or capsule formats.

Children's Vitamin D3 is available in liquid form with 400 IU per drop.

New Roots Herbal makes vitamin D3 deficiency prevention simple, with 2,500 IU dosage in liquid, softgel, or capsule.

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The solution to vitamin D3 deficiency is in your grasp. Supplementation with **Vitamin D3** is convenient, sustainable, and affordable!

Make Life Better · [newrootsherbal.com](http://newrootsherbal.com)

### LIQUID

#### Each drop contains:

Vitamin D3 (cholecalciferol) . . . . . 62,5 mcg (2,500 IU)

Bottle contains approximately 1,050 drops.

#### Other ingredients:

Medium-chain triglycerides (MCT).

#3062 · 15 ml • #2735 · 30 ml

LM0178-R1 · NPN 80110403

### CAPSULES

#### Each capsule contains:

Vitamin D3 (cholecalciferol) . . . . . 62,5 mcg (2,500 IU)

#### Other ingredients:

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#2731 · 90 capsules • #2732 · 180 capsules • #2733 · 360 capsules

V0733-R1 · NPN 80110402

### EASY-SWALLOW SOFTGELS

#### Each softgel contains:

Vitamin D3 (cholecalciferol) . . . . . 62,5 mcg (2,500 IU)

#### Other ingredients:

Organic sunflower oil and natural vitamin E (D-alpha-tocopherol, from non-GMO sunflower) in a softgel composed of glycerin, bovine gelatin, and purified water.

#2737 · 60 softgels • #2738 · 120 softgels • #2739 · 180 softgels •

#2750 · 360 softgels

V0734-R1 · NPN 80110404

#### Directions of use (all formats):

**Adults:** Take 1 drop, capsule, or softgel daily, or as directed by your health-care practitioner. To be taken with an adequate intake of calcium.

#### Duration of use:

Consult a health-care practitioner for use beyond 6 months.

Manufactured under strict GMP (Good Manufacturing Practices).

HP2731-2021-07-30

