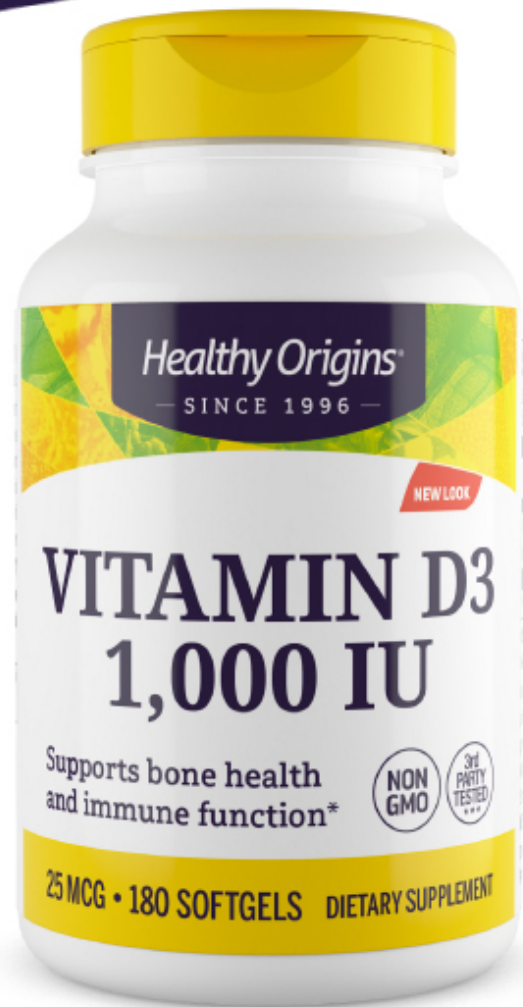


# Supports bone health and immune function\*



**How does Vitamin D support bone health?** Vitamin D is a fat-soluble vitamin that helps support the growth, development and maintenance of bones. Without Vitamin D in our diet, our bodies would have difficulty absorbing calcium and phosphorus from the foods we eat or the supplements we take. Vitamin D works with calcium and phosphorus to help maintain healthy bone density, strength and formation. One of the primary roles of Vitamin D is to ensure that the calcium levels in your blood are high enough to meet the daily requirement for your bones and teeth.\*

**How does Vitamin D support immune health?** Historically, Vitamin D was only known to provide benefits for the bones and teeth, but modern research has found that Vitamin D may help support the immune system. Recent clinical evidence has shown that Vitamin D may help to modulate innate and adaptive immune responses. Immune system modulation is of the utmost importance since having an overactive or underactive immune system is detrimental to your health.\*

**What is the difference between Vitamin D2 and Vitamin D3?** In the USA, there are two forms of Vitamin D that are available: Vitamin D2 (ergocalciferol) and Vitamin D3 (cholecalciferol). Most Vitamin D supplements are now using the Vitamin D3 form since it has shown to have better absorption and retention in the body.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.