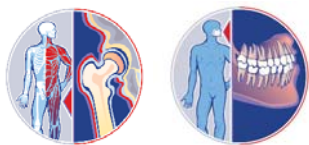




Vitamin D₃ 1000 IU

Quest Vitamin D₃ 1,000 IU is a superior supplement of the most bioavailable form of vitamin D. This vitamin is essential for normal development and maintenance of bones and teeth, preventing rickets, osteomalacia, and osteoporosis; and it is an important factor in overall health.



PRODUCT CODE: 338183

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
To provide nutritional support for bones and teeth. A factor in the maintenance of good health. Helps in the absorption and use of calcium and phosphorus.	Tablets	Adults and children take 1 tablet daily.

DESCRIPTION:

Each tablet of Quest Vitamin D3 contains 1,000 IU of vitamin D3 (<i>cholecalciferol</i>). This product contains no artificial preservatives, colours, flavours, or corn, dairy, egg, gluten, shellfish, soy or sulfites.	
Recommended Daily Allowance:	Dosage varies, depending on age.
Food Sources:	Sunlight is the best source; however, it is found in small amounts in fatty fish such as mackerel and salmon. Other sources are eggs from chickens fed vitamin D and milk that has been fortified with vitamin D.
Causes of Deficiency:	Inadequate sunshine, poor dietary choices, some medications.
Symptoms of Deficiency:	Rickets in children, osteomalacia and osteoporosis in adults, joint pain.
Complementary Nutrients:	For healthy bones and teeth, vitamin D should be combined with calcium.

HOW IT WORKS:

Vitamin D is a fat-soluble vitamin that plays a dual role as both a vitamin and a hormone. Vitamin D is a great regulator of calcium and phosphorus metabolism. Without vitamin D, the body cannot properly absorb calcium and the bones and teeth become soft and poorly mineralized.
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DID YOU KNOW...

Many researchers suggest that there is an epidemic of vitamin D deficiency among older adults in North America.

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RESEARCH:

The efficacy of vitamin D supplementation is borne out by scientific research. In a recent study, 198 children were followed to determine the effect of vitamin D supplementation by their mothers during pregnancy. The researchers found that children whose mothers took vitamin D had significantly larger bones and a higher bone-mineral content in their bodies than children whose mothers did not take the vitamin. In addition, several studies indicate that adequate vitamin D intake may offer protection against cancer of the breast, prostate, colon, and ovaries.

SIDE EFFECTS:

No side effects expected at recommended dosage. Excess vitamin D (more than 50,000 IU per day) can increase blood levels of calcium, leading to weight loss, nausea, and damage to the heart and kidneys. Too much vitamin D can also cause a weakening of the bones and deposition of calcium in the soft tissues (i.e., muscles). Excess vitamin D can also cause diarrhea or constipation, headache, appetite loss, nausea, vomiting, extreme fatigue, and heartbeat irregularities.

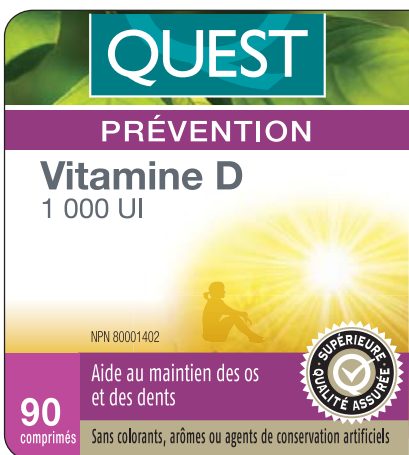

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if you are taking anticoagulant drugs, calcium channel blockers, or magnesium-containing antacids.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:

 <p>QUEST PRÉVENTION Vitamine D 1 000 UI NPN 80001402 Aide au maintien des os et des dents 90 comprimés Sans colorants, arômes ou agents de conservation artificiels</p>	<p>Usage recommandé : Aide au développement et au maintien normaux des os et des dents. Un facteur dans le maintien d'une bonne santé. Aide à l'absorption et à l'utilisation du calcium et du phosphore. Dose recommandée (adultes et enfants) : Prendre 1 comprimé par jour.</p> <p>Ingrédients médicinaux : Chaque comprimé contient : Vitamine D (cholecalciférol)...1 000 UI/25 mcg Ingrédients non médicinaux : cellulose microcristalline, stéarate de magnésium. Ce produit ne contient aucun mais, ingrédients laitiers, oeuf, gluten, crustacés, soya, sulfites ou blé.</p> <p>Recommended Use: Helps in the normal development and maintenance of bones and teeth. A factor in the maintenance of good health. Helps in the absorption and use of calcium and phosphorus. Recommended Dose (Adults and Children): Take 1 tablet daily.</p> <p>Medicinal Ingredients: Each tablet contains: Vitamin D (cholecalciferol)...1000 IU/25 mcg Non-medicinal ingredients: Microcrystalline cellulose, magnesium stearate. This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites or wheat.</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS. STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	 <p>QUEST PREVENTATIVE Vitamin D 1000 IU NPN 80001402 Helps in the maintenance of bones and teeth 90 tablets No artificial colours, flavours or preservatives</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCÉAU DE SÉCURITÉ SOUS LE CAPSULON EST BRISÉ. www.questvitamins.com 1-877-929-2548 SunOpta Inc. & Commerce Crescent Acton, ON L7J 2K3 A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>UPPC CODE TO BE: 0 8837 21948 4 338163.01-64</p>
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