

# Vitamin D3 1000IU

Vitamin D contributes to the maintenance of normal bones, teeth, muscle function and immune function. Vitamin D also contributes to normal absorption/utilisation of calcium and phosphorus.

Vitamin D is often referred to as 'the sunshine vitamin' as it is naturally produced under the skin following exposure to sunlight. During winter periods we can't make vitamin D from sunlight because the sun is too low in the sky. Because it's difficult to get enough vitamin D from food, Public Health England recommends supplementation of vitamin D to maintain bone and muscle health.

Dietary sources of vitamin D include fortified foods, eggs and fatty fish. Whereas most vitamin D3 supplements on the market are derived from the lanolin in sheep's wool, Viridian Vitamin D3 capsules provide vitamin D3 in a vegan form derived from lichen.

Contains 100% active ingredients, formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

## Key Features:

- Vegan form of vitamin D
- UK Department of Health recommended dosage
- Supports bones, muscles and immunity
- Made in the UK



## Nutritional Information: one capsule provides:

Ingredient	Weight	% NRV
Vitamin D3 (Cholecalciferol) (1000IU)	25µg	500
In a base of Alfalfa		
Plant cellulose capsule		

**Directions:** take one to three capsules daily with food, or as recommended by your healthcare practitioner.

## Ordering Information:

Code	Size	Description	Barcode
270	30	Vitamin D3 1000IU Veg Caps	5060003592709
271	90	Vitamin D3 1000IU Veg Caps	5060003592716

In stock and available to order. Call 01327 878050  
or email [info@viridian-nutrition.com](mailto:info@viridian-nutrition.com)