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Vitamin D is a fat-soluble vitamin that is essential for maintaining the mineral balance in the body. Vitamin D plays an important role in protecting your bones, both by helping your body absorb calcium and by supporting muscles needed to avoid falls. Children need vitamin D to build strong bones, and adults need it to keep their bones strong and healthy.

Vitamin D 2000 IU promotes calcium absorption in the gut & maintains adequate serum calcium & phosphate concentrations to enable normal mineralization of bone and to prevent hypo- calcemic tetany. It is also needed for bone growth and bone remodeling by osteoblasts and osteoclasts. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. Vitamin D sufficiency prevents rickets in children and osteomalacia in adults. Together with calcium, vitamin D also helps protect older adults from osteoporosis.

Vitamin D 2000 IU has other roles in the body, including modulation of cell growth, neuromuscular and immune function, and reduction of inflammation.

### VITAMIN D 2000 IU helps

- » In the development and maintenance of Bones and teeth.
- » Support healthy immune function.
- » In the absorption and use of calcium and phosphorus.
- » Maintain normal muscle function.

## Vitamin D 2000 IU

Vitamin D3 (Cholecalciferol) 2000 IU

### List of Ingredients

Each Tablet Contains Active Ingredients:

Vitamin D3 (Cholecalciferol) USP.....2000 IU (50 mcg)

**List of Inactive Ingredients:** Microcrystalline cellulose USP, Di-calcium phosphate dihydrate USP, Magnesium Stearate (Vegetable Grade) USP, Croscarmellose sodium USP, Silicon dioxide USP.

