



FUEL YOUR GREATNESS™

**Nature Made® Vitamin D 2,000 I.U.
FACT SHEET**



Vitamin D: Beyond bone health

In recent news, optimum levels of vitamin D have been linked to maintaining colon, breast and ovarian health, benefiting heart health and colorectal health, and enhancing immune system strength in adults.[†] As a result, the Harvard University School of Medicine recently recommended increasing supplementation of vitamin D to up to 2,000 I.U. per day.

Nature Made Vitamin D 2,000 I.U.

Nature Made Vitamin D 2,000 I.U. provides high-strength vitamin D in the D3 form, which is more potent and active than D2, in one convenient tablet. Vitamin D is essential for bone health – it helps increase calcium absorption by 65 percent compared to calcium supplementation alone. Adequate levels of vitamin D intake may also decrease the risk of falls, improve muscle function and help aging muscles stay strong. Adequate daily intake and serum levels of vitamin D appear to be associated with joint health.[†]

Why should you take a vitamin D supplement?

A study published in the *Journal of the American College of Nutrition* reported that two-thirds of women need to up their intake of vitamin D to 2,000 I.U. in order to reach the desired levels for optimal health.

Additionally, experts contend that at least 40 percent of the U.S. population is chronically deficient in vitamin D.¹ Lifestyle factors, including sunscreen use, increasing time spent indoors and living in higher altitudes, have contributed to this deficiency. However, few foods contain sufficient amounts of vitamin D to reach recommended intake levels. For example, one tablet of vitamin D 2,000 I.U. is equivalent to:

- 10 cans of tuna (3 oz. cans), or
- 20 cups of fortified milk, or
- 100 egg yolks, or
- 50 cups of fortified cereal

Dosage:

Each tablet offers 2,000 I.U. of vitamin D. Nature Made recommends taking one tablet per day with a meal. For optimum bone health, we recommend that you take a Nature Made calcium supplement with this product.

Where to buy vitamin D:

Nature Made Vitamin D 2,000 I.U. is available in 90-count tablets at food, drug and mass merchandise stores.

Dietary supplement regulation:

The dietary supplement industry is regulated by the U.S. Food and Drug Administration and the Federal Trade Commission, as well as by government agencies in each of the 50 states.

Media contact:

Pharmavite News Bureau
(877) 866-2539 toll free
pnbpr@porternovelli.com

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[†] These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

¹ Boston University School of Medicine, Michael F. Holick, M.D., PHD