



**OMEGA**  
WELLNESS

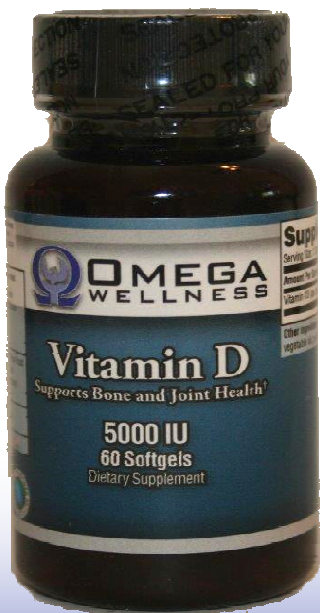
## VITAMIN D

- ◆ **Supports joint health**
- ◆ **Supports overall skin health**
- ◆ **Supports healthy immune function**

The main function of Vitamin D is to aid in the absorption of calcium. Thereby, helping to maintain and form strong bones. Vitamin D plays a crucial role in activating the body's immune defenses.

Research has indicated vitamin D is important for bone health. Deficiency has been linked to hip fracture.

Vitamin D deficiency  
can cause rickets  
Steroids may impair  
vitamin D metabolism



### Dosage

5000IU once per day

### Precautions

*If pregnant or lactating consult your health care provider*  
*Patients taking hyperparathyroidism medication should consult your healthcare provider*

*These statements have not been evaluated by the Food and Drug Administration*

**Ask your doctor if this product will benefit you.**

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