



**Nutritional support for bone health, immune function, and heart health**

## APPLICATIONS / BENEFITS

- Optimizes bone mineral density
- Supports immune function
- Promotes heart health
- Supports breast, colon, pancreas, and prostate health

## OVERVIEW

**Patient One Vitamin D3** supplies cholecalciferol, a highly absorbable and bioavailable form of vitamin D (from lanolin), for optimal nutritional benefits for the skeletal, cardiovascular and immune systems. Vitamin D3 is the naturally occurring form of vitamin D synthesized in humans. Studies show that plant-derived D2 is metabolized differently than D3 and that D3 may be over 3 times more effective than D2 in raising and maintaining serum vitamin D levels.

Vitamin D3 is most noted for optimizing calcium bioavailability, thereby promoting peak bone mass and bone strength. Patient One Vitamin D3 is a professional-strength formula that promotes compliance through once-a-day, or twice weekly, high-potency administration.

## KEY INGREDIENTS

Patient One supplies higher level servings (5000 and 10,000 IU) of cholecalciferol D3 to compensate for nutritional challenges related to deficiency, lack of sun exposure, and poor absorbability. Vitamin D production is reduced by anything that decreases the intensity of the sun's rays, such as cloud cover, seasons, time of day, smog, use of sunblock, and skin melanin content. There are very few dietary sources of Vitamin D. Fatty fish and fortified milk are the best sources, although these foods may not provide enough Vitamin D. In addition, Vitamin D levels decline with age.

75% of Americans fail to reach recommended daily vitamin D intake, which doubles between ages 51 and 70, and triples over age 71 – making vitamin D supplementation increasingly important as we age. Patient One Vitamin D3 promotes peak bone density and skeletal strength. D3's ability to promote normal cell growth and metabolism provides additional benefits for cardiovascular, breast, colon, prostate and immune health.

## RESEARCH

- In a study of 1,739 women with an average age of 59, researchers suggested that moderate to severe vitamin D deficiency is a risk factor for developing cardiovascular problems.
- According to the 2004 Surgeon General's Report on Bone Health and Osteoporosis: "The Surgeon General wants you to know that you can improve your bone health by getting enough calcium, vitamin D, and physical activity."
- In a meta-analysis examining five studies measuring serum vitamin D in association with colon health, researchers reported a significant benefit to colon health in those with the highest serum levels of vitamin D3.
- In a meta-analysis of 12 clinical trials totaling over 42,000 adults age 65 and up, researchers found that vitamin D supplementation (at a daily level of 400 international units and above) reduced hip fractures by 18% and reduced non-vertebral fractures by 20%.

## REFERENCES

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## Supplement Facts

**Serving Size:** 1 Capsule

**Servings Per Container:** 120

Amount Per Serving		% DV*
Vitamin D3 (as cholecalciferol) (5000 IU)	125 mcg	625%

\* Daily Value is based on a 2,000 calorie diet.

**Other Ingredients:** rice flour, vegetable cellulose (capsule), vegetable stearate

## Supplement Facts

**Serving Size:** 1 Capsule

**Servings Per Container:** 120

Amount Per Serving		% DV*
Vitamin D3 (as cholecalciferol) (10,000 IU)	250 mcg	1250%

\*Daily Value is based on a 2,000 calorie diet.

**Other Ingredients:** rice flour, vegetable cellulose (capsule), leucine

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 1 capsule daily with evening meal as a dietary supplement or as directed by your health practitioner. Vitamin D3 10,000 for short-term or intermittent use only. Store in a cool, dry place.

**Caution:** If pregnant or nursing, or if you have any health condition or are taking any medications, consult a health practitioner before use. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored. **Keep out of reach of children.** Use only if safety seal is intact.

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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**Patient One**  
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