

Want stronger bones?  
Need immune system support?  
**Our Vitamin D<sub>3</sub> can help.**



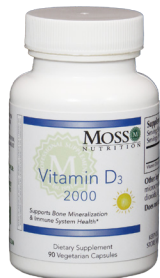
**Vitamin D** is naturally produced by human skin in response to sunshine but many people, especially those living in northern regions, don't make enough vitamin D for health.



The Moss Nutrition family of vitamin D<sub>3</sub> products offers a variety of bioavailable, quality tested **Vitamin D<sub>3</sub>** and **Vitamin D+K** supplements to help you reach and maintain optimum vitamin D status.\*

**Vitamin D<sub>3</sub> (cholecalciferol)** is the form of vitamin D used in all Moss Nutrition supplements. Made from lanolin, an oil found in natural sheep wool, D<sub>3</sub> is more effective at raising activated vitamin D levels than plant-based D<sub>2</sub>.\*

**Bones depend on vitamin D** because it is required for the body to absorb calcium. Along with weight bearing exercise and adequate calcium intake, vitamin D can help optimize bone mineral density in people of all ages.\*



**Vitamin K<sub>2</sub>** is found in our **Vitamin D+K** products. Vitamin K directs calcium *into* bones and *away from* vessels and arteries. K also supports healthy blood clotting.\*

**Beyond bone health, vitamin D helps support:** healthy immune system response; healthy insulin & blood sugar metabolism; healthy colon, breast & prostate cellular health; healthy mood (notably in relation to seasonal changes); improved muscle strength and balance in the elderly.\*

## Vitamin D<sub>3</sub> 1000, 2000 & 5000

Available in bottles of 90 vegetarian capsules

Supplement Facts		
Serving Size: 1 Capsule Servings Per Container: 90		
	Amount Per Serving	% Daily Value
Vitamin D <sub>3</sub> (as cholecalciferol)	25 mcg (1000 IU)	125%

Supplement Facts		
Serving Size: 1 Capsule Servings Per Container: 90		
	Amount Per Serving	% Daily Value
Vitamin D <sub>3</sub> (as cholecalciferol)	50 mcg (2000 IU)	250%

Supplement Facts		
Serving Size: 1 Capsule Servings Per Container: 90		
	Amount Per Serving	% Daily Value
Vitamin D <sub>3</sub> (as cholecalciferol)	125 mcg (5000 IU)	625%

**Other ingredients** [order may vary]: Cellulose (capsule), microcrystalline cellulose, silicon dioxide, L-leucine. **Does not contain gluten.**



## Vitamin D+K 2000 & 5000

Available in bottles of 120 & 240 veg. capsules (2000 IU), and in 60 & 180 veg. capsules (5000 IU)

Supplement Facts		
Serving Size: 1 Capsule Servings Per Container: 120 & 240		
	Amount Per Serving	% Daily Value
Vitamin D <sub>3</sub> (as cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin K <sub>2</sub> (as menaquinone-7)	70 mcg	58%

Supplement Facts		
Serving Size: 1 Capsule Servings Per Container: 60 & 180		
	Amount Per Serving	% Daily Value
Vitamin D <sub>3</sub> (as cholecalciferol)	125 mcg (5000 IU)	625%
Vitamin K <sub>2</sub> (as menaquinone-7)	140 mcg	117%

**Other ingredients** [order may vary]: Cellulose (capsule), microcrystalline cellulose, silicon dioxide, L-leucine. **Does not contain gluten.**

**Recommended Usage (all products):** 1 capsule per day, or as directed by your health care professional.

\*DISCLAIMER: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.