



*Nutritional Support for:*

**Bone Health, Immune Function, and Heart Health**

### PATIENT BENEFITS

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

### UNIQUE PROPERTIES

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 medinutritional formula that promotes compliance through once-a-day 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

Amount Per Serving	% Daily Value**	
Vitamin D3 (as cholecalciferol)	5000 IU	1,250%

\*\* Daily Values are based on a 2,000 calorie per day diet.

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

## Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value**	
Vitamin D3 (as cholecalciferol)	10000 IU	2,500%

\*\* Daily Values are based on a 2,000 calorie per day diet.

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

**Free of:** milk, egg, fish, peanuts, crustacean shellfish (lobster, crab or shrimp), soybeans, tree nuts, wheat, yeast, gluten, and artificial sweeteners, flavors, colors and preservatives. This product is free of ingredients derived from genetically modified organisms (GMOs).

**Suggested Use:** Take 1 vegetable capsule daily with evening meal as a dietary supplement, or as directed by a qualified health care professional.

**Caution:** Do not exceed recommended dose. Not to be taken by pregnant or lactating women. Not recommended for individuals with hypercalcemia (elevated blood calcium levels). People with kidney disease, certain medical conditions (such as hyperparathyroidism or sarcoidosis), and those who use cardiac glycosides (digoxin) or thiazide diuretics should consult their physician before use. It is recommended that individuals taking more than 2000 IU Vitamin D daily have their blood levels monitored. Discontinue use and consult doctor if any adverse reactions occur.

GLUTEN FREE

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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