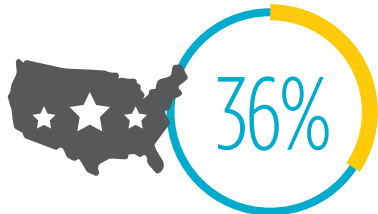
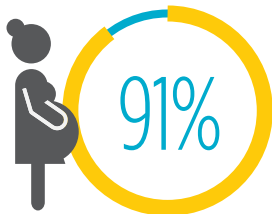


NORDIC NATURALS® VITAMIN D3

It's hard to overstate the importance of vitamin D. Best known for building and maintaining strong bones, vitamin D also influences the immune and neuromuscular systems, and the life cycle of human cells.*

DEFICIENCY

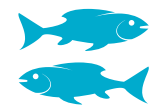
Because each of us can produce natural vitamin D3 (cholecalciferol) with sunlight, many people assume that they get enough. In reality, vitamin D deficiency is increasing worldwide.



Why Are We Deficient?



VITAMIN D3 IS HARDER TO SYNTHESIZE AS WE AGE



Lack of Fatty Fish in Diet



Geographic Location



Sunscreen



Covering up



Working Indoors

WHY NORDIC NATURALS



Non-GMO Verified



Nothing Artificial



Third-Party Tested



Unrivalled Taste



Green & Clean Manufacturing



Award Winning

BENEFITS

BABIES



Brain Function*



Healthy Fetal Growth & Weight*



Maternal Bonding*

CHILDREN & ADOLESCENTS



Healthy Bones*

Muscle Power*

BOOSTS IMMUNITY FOR ALL AGES*

ADULTS



Helps Regulate Sleep Rhythms*



Healthy Mood*



Enhances Calcium Absorption for Healthy Bones*

HOW MUCH DO I NEED?

How much vitamin D you need differs from person to person. For most people, supplemental vitamin D3 ensures adequate intake throughout life.

LIFE STAGE	AGE	I.U./DAY	UPPER LIMIT I.U./DAY
INFANTS	0-6 months	400 I.U.	1000 I.U.
INFANTS	6-12 months	400 I.U.	1500 I.U.
CHILDREN	1-3 years	600 I.U.	2500 I.U.
CHILDREN	4-8 years	600 I.U.	3000 I.U.
CHILDREN	9-13 years	600 I.U.	4000 I.U.
ADOLESCENTS	14-18 years	600 I.U.	4000 I.U.
ADULTS	19-70 years	600 I.U.	4000 I.U.
ADULTS	71+ years	800 I.U.	4000 I.U.
PREGNANCY	—	600 I.U.	4000 I.U.
BREAST-FEEDING	—	600 I.U.	4000 I.U.

Institute of Medicine recommended dietary allowance for vitamin D.

Committed to Delivering the World's Safest, Most Effective Omega Oils™

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* 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.

1. Holick MF. (2013). Vitamin D, sunlight and cancer connection. *Anticancer Agents Med Chem* 13(1), 70-82.

NORDIC NATURALS®



Choose the Vitamin D3 Product That's Right for You!

OMEGA-3s WITH VITAMIN D3



VITAMIN D3



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