

# Vitamin D Complex



Distributed by: Adaptogen Research  
625 Barksdale Road, Suite 113  
Newark, DE 19711

## Vitamin D Complex

### Clinical Applications



- Support bone and tooth health\*
- Support healthy immune function\*
- Support prostate, colon and breast health\*
- Support cardiovascular/arterial health\*
- Support health and maintenance of skin, hair, nails\*

Vitamin D Complex features 2000 IUs of vitamin D along with efficacious amounts of the other fat-soluble vitamins, A, E (tocopherols and tocotrienols), and K (K1 and K2).

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

### Discussion

**Vitamin D Complex** features a generous dose of vitamin D, along with efficacious amounts of the other fat-soluble vitamins, A, E (tocopherols and tocotrienols), and K (K1 and K2). While there are many beneficial health attributes associated with vitamin D, it is extremely important to keep it in balance with these other vitamins. Supplementing with vitamin D alone can create an imbalance of the fat-soluble vitamins, which work in harmony and support each other. It is undesirable when one or more of these vitamins is not provided in sufficient amounts.

**Vitamin D** assists with proper bone health, as it helps regulate the body's calcium levels. When calcium levels are low, vitamin D stimulates increased calcium absorption from the diet and reduces calcium excretion by the kidneys, thereby supporting maintenance of healthy bones and teeth. It also helps to support a proper immune response in the body.

**Vitamin K** is important for directing the transport of calcium into bones and teeth for optimal strength. Without adequate levels of vitamin K, increasing the amount of vitamin D via supplementation may increase the risk for calcium to be improperly deposited in arteries and soft tissue, and this may also negatively affect the elasticity of blood vessels. Healthy blood vessels are vital to proper cardiovascular function.

**Vitamin A** works collaboratively with vitamin D to ensure normal gene expression (regulating whether certain genes are expressed or remain silent). Vitamin A also partners with vitamins D and K to maintain healthy bones and teeth, and is critical for immune function and eye health.

**Vitamin E** functions as a chief antioxidant when paired with vitamin A. Tocotrienols are important members of the vitamin E family that fight against damaging free radicals, which lead to oxidative stress and aging. Vitamins E and A also protect the health of the eyes, brain, and blood vessels.

#### Vitamin D Complex

- An ideal balance of all fat-soluble vitamins, D, A, K, and E
- 2000 IUs of active vitamin D3, cholecalciferol
- Natural forms of vitamin E, including high gamma mixed tocopherols and tocotrienols
- A blend of bioavailable vitamins K1 and K2
- Avoids imbalances between the four fat-soluble vitamins (A, D, E & K) when taking any of these on an individual basis
- Supports those with difficulty absorbing fats and fat-soluble vitamins
- Ideal dose for short or long-term supplementation

Supplement Facts	
Serving Size: 1 capsule	
Amount Per Serving	% Daily Value
Vitamin A (as Retinol Palmitate)	1500 mcg RAE 167%
Vitamin D (as Cholecalciferol)	50 mcg (2000 IU) 250%
Vitamin E (as d-alpha-tocopherol)	3.9 mg 78%
Vitamin K (as Vitamin K1 Phylloquinone, Vitamin K2 Menaquinone-7)	325 mcg 433%
High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	50 mg *
Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols)	10 mg *

\*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable

#### Suggested use:

As a dietary supplement, take one per day with a meal containing fat, or as directed by your health care practitioner.

#### Caution:

Keep out of reach of children.



\*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.

Distributed by: Adaptogen Research  
625 Barksdale Road, Suite 113  
Newark, DE 19711