



scotmann's



Vitamin D₃ 10000 IU
(Cholecalciferol)



Liver Health



Stomach Health



Heart Health



Bone Health



Cancer Protection



Diabetic Health



scotmann

30 Softgels

Health Benefits of Vitamin D₃



CANCERS: Vitamin D₃ may play an essential role in regulating cellular activity. Adequate Vitamin D₃ in our bodies can protect us from the development of at least several types of cancers (including breast, colon and prostate) because trillions of our cells contain Vitamin D₃ receptors (VDRs). These receptors receive, store and activate anti-cancer functions.



IMMUNE HEALTH: Vitamin D₃ has been linked with metabolic and immunological processes, which established its role as an essential component of human health preservation. Vitamin D₃ has been defined as natural immune modulator, and upon activation of Vitamin D₃ receptors (VDRs), it regulates calcium metabolism, cellular growth, proliferation and apoptosis, and other immunological functions. Epidemiological data underline a strong correlation between poor Vitamin D₃ status and higher risk for chronic inflammatory illnesses of various etiologies, including autoimmune diseases.



MULTIPLE SCLEROSIS: Several studies have associated low levels of Vitamin D₃ with a higher risk of developing multiple sclerosis (MS). This link may have to do with Vitamin D₃'s effect on immune system-promoting the induction of regulatory T cells and decreasing the production of pro-inflammatory cytokines as MS is an autoimmune disorder in which a patient's immune system attacks the myelin coating that protects the axons of neurons.



PRE-MENSTRUAL DYSPHORIC DISORDER (PMDD)
This cyclical physically and emotionally distressing disorder has shown an unexplainable relation to Vitamin D₃. It has been shown in a cross sectional and prospective study of women with and without PMDD, that women with PMDD showed failure of presence of 1,25(OH)₂D or active Vitamin D₃ in their system during the luteal phase of menstrual cycle,



BRAIN HEALTH: Vitamin D₃ may function as a modulator in brain development. Age affects the cognitive function of the brain negatively, which researchers have linked to Vitamin D₃ deficiency. According to research, the hippocampus and cerebellum, which are the parts of the brain in charge of planning, processing and forming new memories, contain receptors for Vitamin D₃, which are important for their functioning.



ALZHEIMER'S DISEASE: Vitamin D₃ may be effective for the treatment and prevention of Alzheimer's disease. Vitamin D₃ reduces inflammation in the brain, an important pathophysiological feature of Alzheimer's disease. It may also accelerate the destruction of the beta-amyloid protein that is believed to contribute to the cell death associated with Alzheimer's disease.



SEASONAL AFFECTIVE DISORDER: Reduced exposure to sunlight during the winter also means less natural Vitamin D₃ production by the skin. Vitamin D₃ itself may also regulate mood. Use of Vitamin D₃ may be an effective tool in treating seasonal affective disorder during winter.



SCHIZOPHRENIA: Vitamin D₃ is believed to be involved in the development of the brain. Low levels of Vitamin D₃ are associated with depression, Bipolar disorder and schizophrenia in adults. Studies show that the patients with schizophrenia may have Vitamin D₃ deficiency.



STROKE: Vitamin D₃ deficiency has been linked to the risk for cerebrovascular disease, especially stroke. Vitamin D₃ is known to reduce the risk of stroke by reducing the risk of

in contrast to healthy women who showed a prominent increase in Vitamin D₃ at this phase.



AUTOIMMUNE DISEASE: Disease with an autoimmune etiology like multiple sclerosis, rheumatoid arthritis and Crohn's disease have been shown to have strong association with low levels of Vitamin D₃. Different studies have assessed the direct association with Vitamin D₃ deficiency.



TUBERCULOSIS: Macrophages, when become infected with Mycobacterium tuberculosis, toll-like receptors cause the increased expression of Vitamin D₃ receptor (VDR). This leads to increased formation of 1,25(OH)₂D or active Vitamin D₃ which expresses defensin proteins and therefore helps in destroying mycobacteria. One recent study done in United Kingdom showed that even a single large dose of Vitamin D₃ enhanced the innate immune response against Mycobacterium tuberculosis. Recently even more data have come up establishing relationship between tuberculosis and Vitamin D₃ deficiency.



PREGNANCY: Vitamin D₃ deficiency during pregnancy is relatively common and may cause significant adverse health issues for both mother and child. Studied health issues associated with low Vitamin D₃ status during pregnancy include preeclampsia, birth by cesarean section, gestational diabetes, postpartum depression, and low birth weight.



SKIN HEALTH: Vitamin D₃ may activate certain white blood cells known as the macrophages. This means they get "hungrier" for acne bacteria, which they attack directly rather than sending out inflammatory chemicals. This is a very useful characteristic for fighting acne bacteria. Other white blood cells attempt to kill acne bacteria by generating

arterial stiffness, increasing anti-inflammatory cytokines, suppressing vascular calcification and inhibit vascular smooth muscle growth.



HEART HEALTH: Multiple studies have linked Vitamin D3 deficiency with higher risks of high blood pressure and cardiomyopathy. Vitamin D3 supplementation appears to lower risk of death from these ailments in certain at-risk populations. In vitro and animal studies suggest that Vitamin D3 modulates such risks via the inhibition of the renin-angiotensin-aldosterone system. The renin-angiotensin system (RAS) is a hormone system that regulates blood pressure and fluid balance. When blood volume is low, cells in the kidneys secrete a protein, renin, directly into circulation. Renin is a Vitamin D3 regulated gene. Unlike many other genes, renin may be down-regulated or decreased by Vitamin D3.



REPRODUCTIVE HEALTH: According to Medical News Today, Vitamin D3 may help in boosting sexual drive. An increase in Vitamin D3 in the body directly increases the testosterone levels. A higher testosterone level increases masculinity and affects the sex drive positively. Reproduction Online also supports this by stating that Vitamin D3 plays a major role in developing mature and functioning spermatozoa in males.



ACHES & PAINS: Most importantly, a body must have Vitamin D3 in order to absorb calcium from food. Without enough Vitamin D3, calcium will be in short supply, body will then take the calcium that it needs to function from the bones. This can make the bones brittle and weak, they can possibly

fracture. Along with this, the outer layer of the bones can become soft and spongy. The spongy layer may expand and press against sensitive tissues covering the bones, which is painful. This disorder is called Osteomalacia. It can affect any bony part of the body, causing pain and soreness in one area or many.



BONE HEALTH: Vitamin D3's most conclusively demonstrated effects are in maintaining healthy bones. Vitamin D3 promotes calcium absorption and helps maintain calcium and phosphate levels necessary for mineralization of bone. It is also needed for bone growth and bone remodeling by osteoblasts and osteoclasts. Vitamin D3 deficiency can result in thin, brittle, or misshapen bones, as well as rickets in children and osteomalacia in adults. Together with calcium, Vitamin D3 also helps prevent osteoporosis in older individuals.



DIABETES MELLITUS: Vitamin D3 supplementation may increase the body's sensitivity to the blood sugar-regulating hormone, insulin, thus reducing the risk of diabetes, researchers have found. Insulin resistance (or insensitivity) occurs when the body's tissues stop responding as strongly to the presence of insulin. As a consequence, the cells uptake less sugar from the bloodstream, producing the elevated glucose levels, a characteristic of diabetes. Vitamin D3 may stimulate insulin secretion. This is via direct action on pancreatic beta cells and indirectly by normalizing calcium levels extracellularly. The evidence of the aforementioned has been confirmed by finding Vitamin D3 receptors (VDRs) on the insulin promoter gene and the presence of Vitamin D3 receptors (VDRs) on the pancreatic beta cells.

inflammation. The bacteria can release decoy proteins that cause the inflammation actually to destroy the skin itself. That is what causes the redness and inflammation of pimples. Macrophages activated by Vitamin D3 don't send out inflammatory chemicals. Instead, they attack the bacteria head on and wipe them out without a trace, whether or not the bacteria send out decoy chemicals.



WEIGHT LOSS: The "American Journal of Clinical Nutrition" says that consuming Vitamin D3 can help lose abdominal fat and prevent weight gain. A high Vitamin D3 intake increases the leptin levels, a hormone that alerts the body to stop eating. Research also links Vitamin D3 deficiency to insulin resistance, which leads to excess hunger increasing the need to overeat.



HAIR HEALTH: People have a tendency to lose hair as they grow old, commonly referred to as balding. According to the Hair Loss Research, Vitamin D3 may play an important role in preventing this hair loss by maintaining a healthy hair follicle, which ensures the hair remains healthy and strong. Vitamin D3 also helps in the absorption of calcium, which helps in the secretion of hormones, such as biotin, that promote the growth of strong healthy hair.



DOSAGE & ADMINISTRATION: As directed by a qualified healthcare practitioner (It is advised to have serum Vitamin D3 level checked, prior to taking Scolmann's SunnyD 10000 Softgels.)



PRECAUTIONS: Store away from heat, light and moisture at room temperature. Refrigeration is recommended in hot climates. Keep out of reach of children. Patients suffering from renal disease should use under medical supervision.



LIVER HEALTH: In recent decades, researchers have discovered that a healthy liver is necessary to maintain adequate levels of vitamin D3 in the body. Many kinds of liver diseases that cause damage to the liver can result in low levels of vitamin D3 in the body.



STOMACH HEALTH: Vitamin D3 may aid in your digestive system by keeping annoying stomach bugs at bay. Researchers discovered that children with lower levels of vitamin D3 had about twice as many days with diarrhea than children with sufficient vitamin D3.

خوراک مستعملوں کی ذمہ داری ہے۔ اس کے ساتھ ساتھ 10000 ڈی 3 کی مقدار کا تعین کروائیں۔

استعمال: گرمی، سردی اور دوسری وجوہات سے دہجہ حرارت پر متوجہ نہ کریں۔ گرمیوں میں زیادہ سے زیادہ استعمال کریں۔

Dietary Supplement

Each softgel contains:

Vitamin D3 (Cholecalciferol) USP

10000 IU

**Contains natural ingredients.

*<http://ur.vitaminCouncil.org>

As per Drug Act 1976, this is not an allopathic drug. It is a dietary supplement as classified in SRO 412(1)/2014. It is not intended to diagnose, treat or cure any disease.

Made from  ingredients

scotmann

Manufactured by:
Scotmann Pharmaceuticals
(P & OTC Division)



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