



Each softgel contains

Vitamin D₃: (10000 IU)

(Cholecalciferol from natural source) USP

- RESPIRATORY HEALTH:** Research indicates that Vitamin D-mediated innate immunity, particularly through enhanced expression of the human cathelicidin antimicrobial peptide (hCAP-18), is important in host defenses against respiratory tract pathogens. Other studies suggest that Vitamin D deficiency increases risk of respiratory infections. This increased risk may contribute to incident wheezing illness in children and adults and cause asthma exacerbations. The increased risk of specific respiratory infections in susceptible hosts may contribute to some cases of incident asthma. Vitamin D also modulates regulatory T-cell function and interleukin-10 production, which may increase the therapeutic response to glucocorticoids in steroid-resistant asthma.
- COLD AND FLU:** Vitamin D plays such an essential role in immune health. Low levels can weaken our defenses and increase susceptibility to illnesses, like colds and flu.
- 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.
- 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 and autoimmune disease.
- 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.
- 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.
- 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.
- 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.
- 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 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.
- 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.
- 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.

خوراک: 1 سافٹ جیل روزانہ یا مستند معالج کے مطابق۔ (تجویز کیا جاتا ہے کہ ساٹ میگزسٹی ڈی 10000 سافٹ جیلز لینے سے پیشتر خون میں وٹامن ڈی 3 کی مقدار کا تعین کر لیں)۔

احتیاط: گرمی، روشنی اور نمی سے دور رکھیں اور کمرے کے درجہ حرارت پر محفوظ کریں۔ گرم موسم میں ریفریجریٹر میں محفوظ کرنا تجویز کیا جاتا ہے۔ بچوں کی پہنچ سے دور رکھیں۔ آپ کی حفاظت کے پیش نظر اس جار کو سیل کیا گیا ہے۔ لہذا اگر سیل ٹوٹی ہوئی ہو تو استعمال نہ کریں۔ جار کو کھولنے سے پہلے ہلا لیں۔



Scotmann Pharmaceuticals
(H&OTC Division)

5-D, I-10/3 Industrial Area, Islamabad - Pakistan
www.scotmann.com

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نیٹراسیوٹیکل: کسی بیماری کے علاج کیلئے نہیں ہے

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