

# Vitawin Softgels (Vitamin D3) 400IU

## SUPPLEMENT FACTS

Serving Size: 1-2 Softgel(s)  
Servings per Container: 60 Softgels

Vitamin D3: 400 IU  
(Cholecalciferol from natural source) USP

- HEART HEALTH:** Multiple studies have linked Vitamin D3 deficiency with higher risk 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 may modulate 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 modulated gene. Unlike many other genes, renin may be down-regulated or decreased by Vitamin D3.
- BODY ACHES & PAINS:** Low Vitamin D levels are implicated in various chronic pain conditions. Research has shown that Vitamin D exerts anatomic, hormonal, neurological, and immunological influences on pain manifestation, thereby playing a role in the aetiology and maintenance of chronic pain states and associated comorbidity. Persistent pain is associated with Vitamin D-related bone demineralization, myopathy, and musculoskeletal pain. Vitamin D deficiency has been associated with headache, abdominal, knee, and back pain, persistent musculoskeletal pain, costochondritic chest pain, and failed back syndrome and with fibromyalgia.
- BONE HEALTH:** Vitamin D plays an essential role in maintaining a strong mineralized skeleton for humans. 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.
- OSTEOPOROSIS:** Low concentrations of vitamin D lead to alterations in Calcium and phosphorus homeostasis, secondary hyperparathyroidism, bone loss, osteoporosis, and an increase in fracture risk. Adequate Vitamin D and Calcium intake is considered an essential component of osteoporosis management.
- IMMUNE HEALTH:** 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.
- DIABETES MELLITUS:** Vitamin D3 supplementation helps increase the body's sensitivity to the blood sugar-regulating hormone, insulin, thus reducing the risk of diabetes, researchers have found. Vitamin D3 stimulates 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, the presence of Vitamin D3 receptors (VDRs) on the pancreatic beta cells.
- AUTO IMMUNE DISEASE:** Diseases 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.
- 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, infertility, birth by cesarean section, gestational diabetes, postpartum depression, and low birth weight.
- CANCERS:** Higher intake of Vitamin D3 and Calcium may be associated with lower risk of pre menopausal breast cancer. Vitamin D3 may have this anti-cancerous effect by modulating anti proliferative and pro-differentiating ability of human cells expressing Vitamin D3 receptor (VDR). Although there is a list of cancers showing relation to low levels of Vitamin D3, the most prominently addressed in research so far are cancers of the breast, colon and prostate.
- REPRODUCTIVE HEALTH:** Vitamin D has a biologically plausible role in female reproduction. In human ovarian tissue, 1,25(OH)2D3 stimulated progesterone production by 13%, estradiol production by 9%, and estrone production by 21%. In males, Vitamin D has an effect on increased sperm survival, thus playing an important role in the extra testicular maturation of sperm by influencing capacitation and might modulate sperm survival. According to Medical News Today, Vitamin D3 also helps in boosting sexual drive.
- WEIGHT LOSS:** The American Journal of Clinical Nutrition, says that consuming Vitamin D3 may help lose abdominal fat and prevent weight gain. A high Vitamin D3 intake may increase 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 over eat.
- MENTAL HEALTH:** Vitamin D3 may improve brain function. 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.
- SKIN HEALTH AND HAIR HEALTH:** Vitamin D3 may activate a kind of white blood cells known as the macrophages. 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. According to the Hair Loss Research, Vitamin D3 may play an important role in preventing this hair loss by retaining a healthy hair follicle. Vitamin D3 may also help in the absorption of Calcium, which helps in the secretion of hormones, such as biotin, that promote the growth of strong healthy hair.

**DOSAGE:** One to two softgel(s) daily or as directed by a qualified healthcare practitioner. (It is advised to have serum Vitamin D3 level checked, prior to taking Vitawin softgels).

**PRECAUTIONS:** Store away from heat, light and moisture at room temperature. Refrigeration is recommended in hot climates. Keep out of reach of children. Sealed for your protection. Do not use if seal is broken. Shake jar before opening.

خوراک: ایک سے دو سافٹ جیلز روزانہ یا مستند معائنہ کی ہدایت کے مطابق۔ (تجویز کیا جاتا ہے کہ ویٹاوان سافٹ جیلز لینے سے پیشتر خون میں وٹامن ڈی 3 کی مقدار کا تعین کروالیں)۔

احتیاط: بوجھ، نمی اور گرمی 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 ہلائیں۔



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SRO 412 (1) / 2014 Enlisted Product