



What is Vitamin D₃ (Cholecalciferol)?

Vitamin D₃, known as the sunshine Vitamin, is an essential nutrient that is identified as a "pro-hormone" in the body. It goes to work at the DNA level in supporting multiple body systems to promote health. Evidence is clear that adults and children are not getting enough Vitamin D₃, even if they live in a sunny climate. Research also clearly shows that a deficiency of Vitamin D₃ may increase the risk of various health challenges. Health professionals and health organizations are strongly supporting widespread Vitamin D supplementation for the promotion of health of both adults and children. Vitamin D₃ is helpful for:

- ▶ Healthy muscles & bone building
- ▶ Enhancing calcium utilization
- ▶ Healthy cellular replication
- ▶ Healthy skin
- ▶ Healthy mood & mental health
- ▶ Healthy immune function
- ▶ Healthy neurologic function
- ▶ Healthy endocrine function, including blood glucose
- ▶ Healthy respiratory function
- ▶ Healthy reproductive system

What are the symptoms of Vitamin D₃ deficiency?

Deficiency of Vitamin D₃ can lead to or be a contributing factor in psoriasis, osteoporosis, osteopenia, rickets, thyroid dysfunction, compromised immune function, hearing dysfunction, liver and kidney disorders, some forms of cancer, periodontal disease, cardiovascular disease and decreased insulin sensitivity.

What are the factors of Vitamin D₃ deficiency?

- ▶ Avoidance of exposure to the sun
- ▶ Use of sunscreens
- ▶ The elderly develop deficiencies with less exposure to the sun on a daily basis
- ▶ Aging diminishes Vitamin D₃ synthesis
- ▶ Decreased liver and kidney function
- ▶ Being overweight
- ▶ Mal-absorption and digestive problems
- ▶ Vitamin D₃ deficiency status varies with latitude
- ▶ Dark skin lessens Vitamin D₃ absorption through the skin

What is SunnyD absorba liquid?

SunnyD contains Vitamin D₃ (Cholecalciferol) in liquid form. Each 10 ml of the liquid contains 1000 IU of Vitamin D₃ (Cholecalciferol).

What are the uses of SunnyD?

SunnyD promotes strong bones & teeth, supports healthy immune system, promotes muscle strength, defends against cancer, maintains cardiovascular health, aids in proper digestion & food absorption, promotes healthy mood, regulates sleep, maintains eye & ear health, keeps hair & skin healthy, aids in weight management, slows the aging process, supports healthy endocrine function and maintains respiratory (asthma, cold & flu) & reproductive health.

Before starting SunnyD

Do not take if:

You are allergic to Vitamin D₃ or any of other ingredients of the liquid.

Take special care if:

Kidney disease: Vitamin D₃ may increase calcium levels and increase the risk of hardening of the arteries" in people with serious kidney disease.

High levels of calcium in the blood: Taking Vitamin D₃ could make this condition worse.

Hardening of the arteries (atherosclerosis): Taking Vitamin D₃ could make this condition worse.

Sarcoidosis: Vitamin D₃ may increase calcium levels in people with sarcoidosis. This could lead to kidney stones and other problems.

Histoplasmosis: Vitamin D₃ may increase calcium levels in people with histoplasmosis. This could lead to kidney stones and other problems.

Over-active parathyroid gland (hyperparathyroidism): Vitamin D₃ may increase calcium levels in people with hyperparathyroidism.

Lymphoma: Vitamin D₃ may increase calcium levels in people with lymphoma. This could lead to kidney stones and other problems.

Taking other medicines:

Steroid medications such as prednisone can interfere with Vitamin D₃ metabolism. If you take steroid drugs regularly, discuss Vitamin D₃ with your doctor. The weight loss drug Orlistat may cut absorption of Vitamin D₃ So does the cholesterol-lowering drug cholestyramine. People taking these drugs should discuss vitamin intake with their doctors. The seizure drugs, Phenobarbital and Phenytoin, affect Vitamin D₃ metabolism and affect calcium absorption, so do anti-tuberculosis drugs.

On the other hand, cholesterol-lowering statin drugs and thiazide diuretics increase Vitamin D₃ levels.

Pregnancy & Lactation:

SunnyD absorba liquid is SAFE during pregnancy and breast-feeding if used according to recommended dose. Do not use higher doses. Using higher doses might cause serious harm to the infant.

What are the possible side affects of vitamin D₃?

Vitamin D₃ is generally well tolerated. The following side effects may occur: loss of appetite, constipation, diarrhea, dry mouth, headache, increased thirst, mental confusion, nausea & vomiting and unusual tiredness.

What is the recommended dose of SunnyD Absorba liquid?

RDA* per Day-Tolerable Upper Level Intake**	
Infants 0-6 Months	400-1000IU/day(4-10ml)
Infants 7-12 Months	400-1500IU/day(4-15ml)
1 to 3 years	600-2500IU/day(6-25ml)
4 to 8 years	600-3000IU/day(6-30ml)
9 to 13 years	600-4000IU/day(6-40ml)
14 to 18 years	600-4000IU/day(6-40ml)
19 to 30 years	600-4000IU/day(6-40ml)
31 to 50 years	600-4000IU/day(6-40ml)
51 to 70 years(males)	600-4000IU/day(6-40ml)
>70 years	800-4000IU/day(8-40ml)
Pregnant women & lactating mothers	600-4000IU/day(6-40ml)

If you take more SunnyD than the recommended dose

SunnyD absorba liquid, if taken according to the recommended dose, is not harmful, 1000 mcg (40,000 IU) taken in a day produces toxicity within 1 to 4 months in infants and taking 1250 mcg (50,000 IU)/day taken for several months can produce toxicity in adults. If this happens you should go to the nearest hospital.

If you forget to take SunnyD

If you forget the dose, take it as soon as you remember it, unless it is nearly time for your next dose. Do not take double dose to make up for the forgotten dose.

How to store SunnyD absorba liquid?

Keep out of the reach and sight of children. Store bottle upright below 25°C in a cool, dry & dark place Keep the container tightly closed. Do not use SunnyD absorba liquid after the expiry date that is printed on the carton / label has passed. No need to refrigerate the bottle after opening.

What are the contents of the pack?

The pack contains PET bottle having 120 ml of SunnyD absorba liquid and a calibrated Spoon.



Manufactured by: **Scotmann Pharmaceuticals**
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www.scotmann.com

Sugar Free (Suitable for diabetics)

Made from  ingredients