



Supplement Facts		
Serving Size 1 Capsule		
Amount Per Serving	%Daily Value	
Vitamin D-3(cholecalciferol)	5,000IU	1,250%
*Daily Value not established.		

Vitamin D3

If there is one thing to do in order to stave off the Flu (of any type) what would it be? The answer from several doctors is ...add Vitamin D3 to your Vitamin Regimen! Get one bottle free from us, click here.

The Sunshine Pill. Vitamin D3 is responsible for many functions in the body and one thing is for certain, we are not getting enough. Lifestyle is one reason and Autumn/Winter sun restrictions is another. In early October 2009, I listened to three medical radio shows back to back on local radio. All three shows were about Vitamin D3. While conservative convention says 2,000 IU a day is sufficient, many believe this is off the mark. We suggest 3 tablets of 1,500 IU a day for a healthy adult. This may be the single most effective flu prevention out there. While its true you can get the flu even if you are doing everything possible, we still feel that an ounce of prevention is worth a pound of cure. There is a vast body of science showing the many health benefits of vitamin D. You may be surprised to learn the important role that vitamin D plays in your health. When considering Vitamin D as a supplement, it's important to know that Vitamin D3 is best absorb by the human body.

Maintains Your Calcium Balance Maintenance of blood calcium levels within a narrow range is vital for normal functioning of the nervous system, as well as for bone growth, and maintenance of bone density. Vitamin D is essential for the efficient utilization of calcium by the body. **Boosts Your Immunity** Active vitamin D is a potent immune system modulator. There is plenty of scientific evidence that vitamin D has several different effects on immune system function that may enhance your immunity and inhibit the development of autoimmunity. **Blood Pressure Regulation** Adequate vitamin D levels may be important for decreasing the risk of high blood pressure. More studies on vitamin D and hypertension are necessary. **Vitamin D and Diseases** According to the National Institutes of Health, vitamin D may play a role in the following diseases.

Vitamin D and Osteoporosis is most often associated with inadequate calcium intake. However, a deficiency of vitamin D also contributes to osteoporosis by reducing calcium absorption. While rickets and osteomalacia are extreme examples of vitamin D deficiency, osteoporosis is an example of a long-term effect of vitamin D insufficiency. Adequate storage levels of vitamin D help keep bones strong and may help prevent osteoporosis in older adults, in those who have difficulty walking and exercising, in post-menopausal women, and in individuals on chronic steroid therapy.



Smile!

Gary Simmons is a holistic health coach, dietary supplement expert and board certified by the American Association of Drugless Practitioners. Gary turned his health challenges around in just a few months by using Omega-3 supplements. Gary is a graduate of the New York Institute of Integrative Nutrition and lives in Baltimore, MD and is the father of ten children.

"Smile at the fact your body works flawlessly 99% of the time!"

Gary's Signature Guarantee: I personally stand behind my products, my website and my staff. If you have any concerns, please **contact me for a quick response!** Thank you!

Optimal Health Bridge: 1-877-572-3444 **Customer Service Number** 443-450-4413

Write to 1539 Merritt Blvd Suite 142, Baltimore, MD 21222 **Fax** 443-408-1600 **Website:** www.OptimalHealthBridge.com