

Cyto-D3 2500IU - MCT Base

2500IU of stable and active vitamin D3 per softgel in a highly bioavailable base of organic coconut oil.

GMO Free

Gluten Free

Soy Free

Dairy Free

SKU	Size	Format
193244	90 Softgels	Softgels
193245	15 ml	Drops



- Supportive for skeletal health, immunity, mood disorders, cardiovascular function, hormone imbalances and more
- 2500IU of stable vitamin D3 per softgel, with 90 softgels per bottle, allowing for variable and condition-specific dosing
- Delivered in a base of organic coconut oil, for optimal bioavailability

As Canadians living north of the equator, sun exposure is not always guaranteed and winters can be long. This is problematic not only because of the health implications in the absence of light and outdoor exposure, but also because of the role that ultraviolet (UV) rays play in the synthesis of vitamin D3 within the body.

Vitamin D3, also known as cholecalciferol, is the preferred form of vitamin D for optimal bioavailability and function within the body. It is naturally photosynthesized in the skin tissue from the cholesterol compound 7-dehydrocholesterol after exposure to UV-B rays. However, current estimates suggest that 1 in 3 Canadians are overtly deficient in vitamin D as a result of inadequate sun exposure, poor diet, medication use, and other

stressors. About 2 in every 3 Canadians have adequate, yet suboptimal, vitamin D levels.

These numbers are concerning because vitamin D is imperative for countless actions within the human body. It is most well-known for its ability to up-regulate calcium absorption from the gut. However, research in the past two decades has discovered that vitamin D3 is needed for proper immune function, mood health, cardiovascular function, skin health and proper gene expression.

Consider that vitamin D receptors (VDR's) are found in dozens of tissues, including thyroid, adrenal, pancreas, skeletal muscle, cardiovascular tissue, colon, liver, kidney, breast and retina.

With this in mind, it's no surprise that many experts now refer to vitamin D3 as a hormone with the ability to actually modify genetic production and expression.

Cyto-D3 2500IU - Softgels is designed to aid in the prevention of vitamin D3 deficiency. Each softgel provides 2500IU of stable vitamin D3 in a base of organic coconut oil to encourage optimal absorption and bioavailability.

Each softgel contains

Vitamin D3 2500IU (62.5mcg)
(cholecalciferol)

Non-Medicinal Ingredients

Gelatin, glycerin, organic virgin coconut oil (yielding 65-75% medium chain triglycerides)*, purified water.

Recommended Use Claim

Helps to prevent vitamin D deficiency.

Directions of Use

Adults (19 years and older) - Take 1 softgel per day with an adequate intake of calcium. Consult a healthcare professional for use beyond 6 months.

Cautions and Warnings

Do not use if • you have hypercalcemia • you have hypercalciuria. Consult a healthcare professional prior to use if • you are pregnant • you are breastfeeding • you have kidney disorders. Consult a healthcare professional prior to use if you take any prescription medications including • antacids • anticonvulsants • digoxin • cholestyramine • colestipol • mineral oil • steroids • statins • thiazide diuretics • other vitamin D supplements • multivitamin supplements containing vitamin D • products containing vitamin D analogues. Stop use and consult a healthcare professional if • weakness, fatigue, drowsiness, headache, lack of appetite, dry mouth, metallic taste, nausea, vomiting, vertigo, ringing in the ears, lack of coordination, or muscle weakness occur, which are early symptoms of hypercalcemia • you have any other side effects. Consult a healthcare professional to determine if you would benefit from additional vitamin D before taking this product. 15-20 mcg (600-800 IU) of vitamin D per day is adequate for most individuals. Keep out of reach of children.

Storage Conditions

Do not use if safety seal is broken. *Organic coconut oil melts between 23 and 27°C. It is normal if the contents of the softgel appear to be solid white or a golden liquid.