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ONCE A DAY SUNSHINE D

Supports general wellbeing, immunity and bone health.

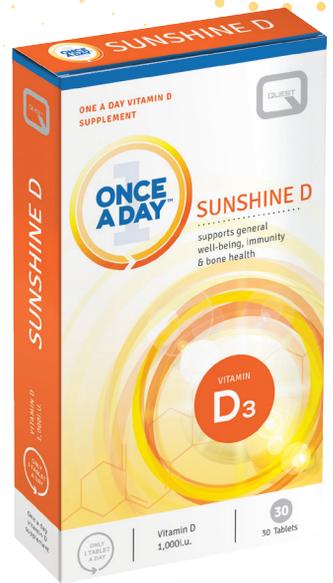
Nutritional Information

One tablet provides:

		*%NRV
Vitamin D3 (1000 i.u.)	25 µg	500

*NRV = Nutrient Reference Values

Take one tablet daily with food.



- Everyday vitamin D supplement to maintain daily vitamin D intake and prevent deficiency.
- Supports immunity, bones, muscles and heart health.
- Recommended for general health and wellbeing.

DESCRIPTION

Vitamin D supplement to support bone and immune health. Provides 1000 i.u. of vitamin D per tablet. Vitamin D contributes to the normal function of the immune system and muscles. It is needed for the utilisation of calcium in the body and helps to maintain bones and teeth. Vitamin D is naturally created by the body through exposure to sunlight and is recommended as a supplement for individuals with limited exposure to sunlight. Groups at high risk of low vitamin D levels include pregnant and breastfeeding women, children and the elderly.

THE IMPORTANCE OF VITAMIN D

Vitamin D deficiency is implicated in a wide variety of health problems including osteoporosis, increased risk of fractures, diabetes, cardiovascular disease, high blood pressure, weakened immunity and susceptibility to infections, depression, asthma, muscle weakness and skin conditions.

Osteoporosis and rickets: Due to the role that vitamin D plays in calcium absorption, vitamin D is essential for the prevention of osteoporosis and rickets.

Autoimmunity and decreased immune function: Vitamin D is found in large quantities in the gut associated lymphoid tissue (GALT) which is located just below the gut. The GALT stores T and B lymphocytes and their regulatory cells. Vitamin D plays a direct role in the regulation of these, and deficiency can lead to a lack of self-tolerance as seen in autoimmune diseases, allergies and reduced immune function. Vitamin D decreases the production of inflammatory cytokines so is essential for any chronic inflammatory conditions².

Mood disorders and depression: Vitamin D also plays an important role in nervous health and mood regulation. One study reported a significant difference in seasonal affective disorder after the supplementation of vitamin D¹.

Pain management: Vitamin D also plays a role in pain management, particularly in non-specific musculoskeletal pain, headache, and fatigue².

Typically 20% of vitamin D3 is obtained from the diet while 80% is derived from sunlight UVB exposure. A number of factors can negatively affect the vitamin D status of individuals, requiring vitamin D supplementation.

Vitamin D supplementation is recommended for individuals with high risk of vitamin D deficiency, especially pregnant and lactating women, individuals with darker skin pigmentation, and individuals with very limited skin exposure to sunlight.

FEATURES

- Provides 1000 i.u. (25 µg) vitamin D per tablet

HEALTH NEEDS



EVERYDAY HEALTH
& WELLBEING



BONES



PREGNANCY &
FERTILITY



SENIOR'S HEALTH



IMMUNITY

SCIENTIFIC REFERENCES

1. Psychopharmacology (Berl). 1998 Feb;135(4):319-23.
2. Scand J Prim Health Carev.2011;29(1)

