



D3 2000 Iso Complete

Isoflavone-Activated
Vitamin D3 Formula*

NutriDyn D3 2000 Iso Complete provides highly absorbable vitamin D3 (as cholecalciferol) along with isoflavones from non-GMO soybean concentrate which may help the body's utilization of vitamin D3.*

Vitamin D3 is a micronutrient with a multitude of functions throughout the body and is especially crucial for supporting bone health, skin health, heart health, and healthy immune function.*1 Deficiency of vitamin D is more common if you don't spend time under direct sunlight on a regular basis, or if you lack vitamin D intake in your diet.

Supplementation with D3 2000 Iso Complete can help ensure users get adequate amounts of this vital micronutrient.* Read on to learn more about D3 2000 Iso Complete and how it can benefit your health and wellness.

How D3 2000 Iso Complete Works

The term "vitamin D" refers to a group of five fat-soluble micronutrients that are classified as secosteroids, with research suggesting vitamin D3 (cholecalciferol) is the most important form for humans.² Since we produce much of our natural vitamin D transdermally (through the skin) via sunlight exposure, oral supplementation must come in the form of D3 (found in D3 2000 Iso Complete) as this is the most bioavailable form of vitamin D. D3 2000 Iso Complete also features 25 mg of isoflavones from non-GMO soybean concentrate per serving, helping to maximize the absorption and utilization of vitamin D3 by the body.*³

Within the body, vitamin D3 is converted via the liver and kidneys to its biologically active form—calcitriol. Calcitriol performs many roles in the body and is especially crucial for proper absorption of calcium, iron, magnesium, phosphate, and zinc. Calcitriol also supports bone growth and regeneration, as well as immune, cardiovascular, cognitive, and neuromuscular functions.*

Naturally, it is imperative to consume adequate amounts of vitamin D3 on a daily basis, as deficiency can lead to a host of health issues.^{4,5}

D3 2000 Iso Complete Supplementation

Given the importance of adequate vitamin D levels in the body, D3 2000 Iso Complete supplementation can help users in a variety of ways (especially those who don't get much direct exposure to sunlight).*

The most relevant research-backed benefits derived from consumption of vitamin D3 include:^{6,7}

- Supports cardiovascular function*
- Supports healthy mood and stress levels*
- Supports bone and skin tissues*
- Supports immune function*



Form: 90 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Vitamin D3 (cholecalciferol)	50 mcg (2,000 IU)	250%
Isoflavones (from Novasoy® 400)	25 mg	**

Other Ingredients:

Microcrystalline cellulose, hydroxypropyl methylcellulose, starch, silica, vegetable magnesium stearate.

Contains: Soy

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Directions:

Take one capsule daily with food. Do not exceed recommended dosage unless directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A
cGMP FACILITY

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References:

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3. Armas LA, Hollis BW, Heaney RP (November 2004). "Vitamin D2 is much less effective than vitamin D3 in humans". *J. Clin. Endocrinol. Metab.* 89 (11): 5387-91.
4. Heaney RP (December 2004). "Functional indices of vitamin D status and ramifications of vitamin D deficiency". *The American Journal of Clinical Nutrition.* 80 (6 Suppl): 1706S-9S.
5. Holick MF (December 2004). "Sunlight and vitamin D for bone health and prevention of autoimmune diseases, cancers, and cardiovascular disease". *The American Journal of Clinical Nutrition.* 80 (6 Suppl): 1678S-88S.
6. Vieth R (May 1999). "Vitamin D supplementation, 25-hydroxyvitamin D concentrations, and safety". *Am. J. Clin. Nutr.* 69 (5): 842-56.
7. Chung M, Balk EM, Brendel M, Ip S, Lau J, Lee J, Lichtenstein A, Patel K, Raman G, Tatsioni A, Terasawa T, Trikalinos TA; Balk; Brendel; Ip; Lau; Lee; Lichtenstein; Patel; Raman; Tatsioni; Terasawa; Trikalinos (August 2009). "Vitamin D and calcium: a systematic review of health outcomes". *Evidence report/technology assessment* (183): 1-420.