



# Vitamin D3 Complete Softgels

## Daily Balance with A and K2

Vitamin D3 Complete Softgels is formulated to respect the crucial importance of balancing vitamin D with vitamin A.\* It also contains the other oil-soluble vitamins, K2 (menaquinone-7) and DeltaGOLD® tocotrienols (part of the vitamin E family). Vitamin D3 Complete Softgels is formulated for safe, long-term daily supplementation for most individuals.\*

This formula is based on the understanding that repletion and maintenance of vitamin D levels is best accomplished with modest, regular doses of vitamin D, balanced by vitamin A. Physiological amounts of vitamin D, as opposed to pharmacological doses, may better support vitamin D's interaction with the many kinds of tissues in the human body that have vitamin D receptors.\*

### Key Features

- Pure, oil-soluble vitamin D balanced with vitamin A\*
- Further optimized with vitamin K2 in the potent menaquinone-7 form, and tocotrienols\*
- Same formula as our original best-selling Vitamin D3 Complete fish gelatin capsules, but now in veggie softgels



#76580  
60 veggie softgels

#76581  
120 veggie softgels

# Vitamin D3 Complete Softgels

The formula is enhanced with vitamin K2, which works with vitamin D to support proper calcium metabolism and bone health.\* Tocotrienols provides powerful antioxidant protection, and the base of hypoallergenic safflower oil provides a medium well suited for the absorption of all four fat-soluble vitamins.\* It is made with no added preservatives, and is encapsulated in easy-to-swallow bovine gelatin capsules which are gentle on the stomach. The softgels contain a natural carob extract and zinc oxide to protect the contents against degradation from light.

Vitamin D deficiency is now recognized as widespread. Systemic calcium homeostasis regulation is the well-known action of vitamin D, but in addition to bone tissue, researchers have identified up to fifty different target tissues that have vitamin D receptor activity.\* Vitamin D is involved with the regulation of growth, reproduction, seasonal adaptation, and the immune, cardiovascular, nervous, respiratory, and neuroendocrine systems.\*

Vitamins do not work in isolation, and nowhere is this more clearly demonstrated than in the interactions among the oil-soluble vitamins. Their multiple roles in human metabolism are intertwined and interdependent in a complex system of dynamic synergism. For example, excessive vitamin A intake may increase bone fracture risk in older people, but studies show that when vitamin A is taken with vitamin D, together they help prevent bone loss, a clear demonstration that these oil-soluble vitamins work best together.\*

Excessive vitamin A with low or normal vitamin D can look like vitamin D deficiency. Excessive vitamin D with low or normal vitamin A can look like vitamin A deficiency. And the blood levels of the functionally deficient nutrient can remain within normal ranges. By supplementing vitamin D with vitamin A, both an unbalanced excess and an artificial deficiency of either one is avoided. In fact, taking them together may increase the effectiveness of lower doses, as well as reduce the risk of higher doses.\*

Vitamin A is also an important nutrient. Up to 50% of individuals do not efficiently convert beta-carotene to vitamin A, and may be at risk for vitamin A deficiency. Few of us eat vitamin A-rich foods, such as liver or kidney, on a regular basis. Vitamin A supports many body functions, including mucosal immunity and vision health.\* The Council for Responsible Nutrition considers 10,000 IU of preformed vitamin A per day to be safe for most people.

Vitamin K is involved with processes that help retain minerals in the bone matrix, protect soft tissue from calcification, and support nervous system functions.\* Vitamin D's best known role, that of supporting bone health, is supported synergistically by vitamin K2. Vitamin D may both increase the demand for vitamin K and interact beneficially with K-dependent proteins. Some research suggests that some problems with too much vitamin D may actually be due to insufficient vitamin K2. Vitamin A is now thought to help spare vitamin K, further counteracting potential depletion by excess vitamin D.

Many studies looking at vitamin K2 for bone and arterial functions have used menaquinone-4 (MK-4), which is a synthesized chemical compound. MK-4 has a half-life of only 1-2 hours, so very high doses are usually needed, which require medical supervision for those on pharmaceutical blood thinners. Menaquinone-7 (MK-7) is a long chain menaquinone, naturally derived from natto fermentation. It has a serum half-life of 3 days, and even doses as low as 45 µg/day have been found to be biologically active and effective, with little potential for negative interactions.\*

Vitamin E is the fourth oil-soluble vitamin, and may interact beneficially with the other oil-soluble vitamins.\* Provided in the form of DeltaGOLD® tocotrienols from annatto bean, it has shown superior antioxidant capacity.\*

Preliminary clinical observations suggest that when cholecalciferol is precipitated onto a medium, such as cellulose or lactose powder, the resultant dry powder form of vitamin D may be inefficiently absorbed and/or utilized by some individuals. By providing pure oil-form vitamin D in a safflower oil base, in easily digestible gelatin softgels, we insure that Vitamin D3 Complete Softgels avoids all such absorption concerns.

## Supplement Facts

Serving Size	1 softgel	
Servings Per Container	60 or 120	
Amount Per Serving	% Daily Value	
Vitamin A (as 3000 IU of Retinyl Palmitate)	900 mcg RAE	100%
Vitamin D3 (as 2000 IU of Cholecalciferol)	50 mcg	250%
Vitamin K2 (as Menaquinone-7)	100 mcg	†
Tocotrienols (as DeltaGOLD® Tocotrienols)	5 mg	†

† Daily Value not established  
\* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Vegetarian capsule (glycerin, purified water, tapioca starch), safflower oil.

Contains: **Soy.**

**Suggested Use:** As a dietary supplement, 1 softgel one or two times daily, with a meal, or as directed by a healthcare professional.

**Caution:** Proper blood monitoring recommended for higher doses.

DeltaGOLD® is a registered U.S. trademark of American River Nutrition, LLC and protected by US Patent 8,586,109.