

INDICATIONS & MECHANISM OF ACTION

Almost 50% of the population is deficient in Vitamin D. This deficiency is more harmful than once believed, increasing the risk of fractures, muscle weakness, cancer and obesity. Although sunlight exposure results in some vitamin D production, recent research shows that not enough vitamin D is produced this way, especially with most people now staying out of the sun or applying sun-block which dramatically reduces vitamin D production. Vitamin D supplementation is important to maintain healthy levels of calcium by increasing calcium absorption and reducing urinary calcium loss. In addition to maintaining healthy bones and teeth, Vitamin D also helps relieve depression, protect against heart disease & has anti-carcinogenic effects. It also improves immunity, helps protect against MS, lupus & fibromyalgia, and reduces insulin resistance. Vitamin D is also useful in treating some types of psoriasis.

COMPOSITION

Each tablet supplies:
Vitamin D3

1000IU

DIRECTIONS FOR USE

Adults and children over 12 years of age: 1-2 tablets (1000-2000IU) daily after meals. 2000IU (2 tablets) should not be exceeded unless under the supervision of your doctor.
Pregnant women should not take more than one tablet daily.
Children ages 4-11 can take 1 tablet daily.
Take as a single daily dose, with or shortly after the main meal of the day.



SOLAL
TECHNOLOGIES
ANTI-AGING SPECIALISTS™

PRESCRIBED BY DOCTORS
RECOMMENDED BY PHARMACISTS™

Vitamin D₃

Essential for cardiovascular health and bone strength
Anti-carcinogenic, improves immunity & elevates mood

WHY SOLAL VITAMIN D₃

Optimal dose of Vitamin D₃ – not sub-therapeutic RDA dose
Contains the safest and most effective D₃ form of Vitamin D, not D₁ or D₂

1000IU - 60 Tablets (1-2 months supply)

PRECAUTIONS, SIDE-EFFECTS & INTERACTIONS

Dosage of vitamin D up to 2400 IU/day rarely causes adverse reactions (2 tablets supply 2000IU). Continuous dosage above 3800 IU (more than 3 tablets)/day may cause excessive blood-calcium levels which can result in nausea, vomiting, weakness, headache, sleepiness, dry mouth, constipation, metallic taste, muscle pain and bone pain. If left untreated this can progress to pancreatitis, light-sensitivity, runny nose, itchy skin, elevated body temperature, decreased libido, elevated liver enzymes, kidney stones, high blood pressure and irregular heartbeat. Therefore it is important not to exceed 2 tablets (2000IU) per day, unless under the supervision of your doctor. During pregnancy and lactation dosage should not exceed 1 tablet daily. Store in a cool dry place, out of the reach of children. Do not exceed recommended doses unless on the advice of a healthcare professional. If you are on prescription medicine or suffering from any medical condition, it is advisable to seek medical advice before beginning any new supplement or remedy.

MANUFACTURED UNDER GMP (Good Manufacturing Practices) FOR:

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