

Vitamin D Supplement

Product Information :

Pharmaceutical form :

Category : **Dietary Supplements**

Pack : -

Brand name : -

Content : -

Therapeutic Use : -



Product Description :

What is Vitamin D Supplement?

Vitamin D supplement is one of the reliable sources of Vitamin D. It is one of the important nutrients required by the human body. This nutrient is important for maintaining strong bones and teeth. It helps the immune system and other systems function. Numerous additional biological processes in your body are also regulated by vitamin D. The immune system, muscle function, and brain cell activity are all supported by their anti-inflammatory, antioxidant, and neuroprotective qualities. Additionally, a person can increase their vitamin D consumption by taking supplements.

Importance of Vitamin D Supplement

Vitamin D supplement is frequently used to treat and prevent vitamin D insufficiency. Your body uses vitamin D to absorb calcium and phosphate from your diet. It is essential for immune health, and bone and muscle strength, and it may also have other advantages including reducing the risk of inflammatory diseases. People at risk for deficiency include those who don't get enough sun and those who are 65 or older. In addition, vitamin D is used to treat a variety of illnesses, including heart disease, asthma, hay fever, and weak and

brittle bones.

Other Benefits of Supplement

- Vitamin D helps in both bone development and intestinal calcium absorption. Only 10 to 15% of the calcium and around 60% of the phosphorus in the diet are absorbed by the body when it is suffering from a vitamin D deficit.
- When vitamin D levels are sufficient, calcium and phosphorus absorption is boosted by 30–40% and 80%, respectively. Low levels of vitamin D (osteomalacia) cause diseases such as rickets in children and weak bones in adults.
- The chance of acquiring several different malignancies is considerably decreased in postmenopausal women who consume enough vitamin D.
- Experimental studies suggest that high vitamin D levels may also be an efficient immunomodulator to lower the risk of multiple sclerosis.

Choosing the Best Vitamin D Supplement for Your Health

Healthiza Lifescience is one of the leading names when it comes to vitamin D supplement supplier and exporter. Our all dietary supplements are fully assured of their quality and effectiveness. We use herbal and natural ingredients to make our vitamins. We provide you with superior products, and each of our health supplements is made in accordance with the exacting standards set out by the global health organization.



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