

**SUGGESTED USE** Consume two capsules daily—preferably with food containing a small amount of fat. You can increase or decrease your intake based upon your needs and as guided by your health care provider. **For questions about the use of this product call 800.800.1200.**

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

**100% SOLAR PRODUCTION  
ZERO-CARBON FOOTPRINT**

**PROCAPS  
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**QUESTIONS? REORDERS?**

**800.800.1200 PROCAPS.COM**

**Manufactured by ProCaps Labs  
Henderson, NV 89011**

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ANDREW LESSMAN

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# VITAMIN D<sub>3</sub> 1000 plus CALCIUM INTENSIVE CARE™

1000 IU Vitamin D<sub>3</sub> (Cholecalciferol)  
500 mg Calcium • 1000 mcg Boron



Dietary Supplement | **360** Easy-to-Swallow Capsules

**VITAMIN D<sub>3</sub> 1000 plus CALCIUM INTENSIVE CARE** is a mild all-natural formula designed to address the special requirements of virtually all individuals, particularly women, to consume extra vitamin D<sub>3</sub> and calcium. This formula begins with 1,000 IU of vitamin D<sub>3</sub>, which has recently been recognized as perhaps the most important single vitamin to supplement separately. We then combine our **Vitamin D<sub>3</sub> 1000** with the exceptionally mild and soluble sources of calcium found in our unique **Calcium Intensive Care**. Vitamin D has long been recognized for its essential role in the maintenance of all bone and skeletal tissues, since without vitamin D, calcium cannot be absorbed and utilized by the body. Although calcium's role in bone health is unquestioned, the benefits of calcium cannot be realized without adequate levels of vitamin D, making vitamin D just as essential as calcium in any bone health regime. Vitamin D's role in supporting the health of other body systems has recently made headlines in newspapers and the medical literature and experts now seek to substantially raise the recommended levels of vitamin D. The body can manufacture limited amounts of vitamin D when exposed to sunlight (via its damaging UV radiation); however, the aging process combined with our reduced exposure to sunlight and increased use of sunscreens makes our body's production of vitamin D inadequate and unreliable at best. Making matters worse is the fact that vitamin D is not abundant in food, and is only present in very limited quantities in some fish and eggs.

Recognizing this, Andrew Lessman has always given special attention to vitamin D<sub>3</sub>, providing higher levels than found in the leading multivitamins, while also including vitamin D<sub>3</sub> in all his calcium and bone health products for over 30 years. Now, with our **Vitamin D<sub>3</sub> 1000 plus Calcium Intensive Care** you get 1,000 IU of vitamin D<sub>3</sub> combined with the special ingredients present in our **Calcium Intensive Care**. Best of all, this formula is extremely economical and guaranteed gentle even to the most sensitive stomachs.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

## Supplement Facts

Serving Size 2 Capsules	Servings Per Container 180	
Amount Per Serving	% DV*	
Vitamin C (as ascorbyl palmitate)	12 mg	13%
Vitamin D <sub>3</sub> (as cholecalciferol)	25 mcg (1,000 IU)	125%
Calcium (as calcium citrate/carbonate)	500 mg	38%
Boron (as boron glycinate)	1,000 mcg	†

\* Percent Daily Values (% DV). † Daily Value not established.

Other Ingredients: Gelatin capsule.

**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.