

# THERA-D®

VITAMIN D SUPPLEMENT



THERALOGIX

# THERA-D

# Why Thera-D?

**Thera-D is a high-quality, independently tested and certified vitamin D<sub>3</sub> supplement, available in three programs:**

**Rapid Repletion Program**—designed to quickly restore (replete) your vitamin D level, and then maintain that level within the desired range.\* This program begins with an initial three-month supply of Thera-D 4000 for repletion, followed by a six-month supply of Thera-D 2000 for maintenance.

**Thera-D 2000 Program**—designed for adults whose vitamin D level is currently normal or has been restored to normal. This program provides a maintenance dose of 2,000 IU per day.

**Thera-D 4000 Program**—designed for adults who have persistently low vitamin D levels, or whose doctor has recommended they maintain a higher vitamin D level. This program provides an ongoing daily dose of 4,000 IU.

## Vitamin D Is Important

Vitamin D has several important roles in our bodies. First, it is a key player in regulating our calcium balance. It helps the body absorb calcium from our diet and keeps our bones strong. Recent research has revealed that vitamin D plays many other roles in keeping us healthy, such as regulating our immune system, improving muscular function, and potentially protecting us from a variety of other health conditions.<sup>1-6</sup>

Vitamin D is produced in our skin cells in response to exposure to the ultraviolet (UV) rays in sunlight. Given enough sun exposure, our bodies will make all the vitamin D we need. Most of us don't get enough sun exposure to maintain adequate levels of vitamin D in the body. Our diets don't provide enough vitamin D either, because few foods naturally contain vitamin D. Drinking a quart of fortified milk (to which vitamin D has been added) each day delivers only about 400 IU, which is much lower than the amount needed to reach and maintain optimal blood levels of vitamin D. Due to these factors, at least 1/3 of adults in the U.S. are considered vitamin D deficient.<sup>7</sup>

To achieve desirable vitamin D levels, most adults need to take a vitamin D supplement. The key questions are:

- Which type of vitamin D should you take?
- What amount of vitamin D is needed per day?

## Two Types of Vitamin D

Vitamin D<sub>3</sub> (cholecalciferol) is the type of vitamin D that is produced in our skin after exposure to sunlight. It is also the type of vitamin D that is found in fatty fish like salmon and herring. Most supplements, including Thera-D, source their vitamin D<sub>3</sub> from lanolin.

Vitamin D<sub>2</sub> (ergocalciferol) is the plant form of vitamin D. When produced commercially, it is made from yeast. Prescription vitamin D products are made with vitamin D<sub>2</sub>.

Our bodies metabolize vitamin D<sub>3</sub> more effectively than vitamin D<sub>2</sub>. Vitamin D<sub>3</sub> supplementation is less likely to result in toxicity. Recent studies have shown that daily vitamin D<sub>3</sub> is two to three times more efficient than weekly or monthly high-dose vitamin D<sub>2</sub>. For these and other reasons, vitamin D<sub>3</sub> is considered to be the superior supplemental form of vitamin D.<sup>8</sup>

## Checking Your Vitamin D Level

The amount of vitamin D you need depends on several factors. The most important is your current vitamin D blood level. Your healthcare provider may suggest a simple blood test to determine your level, which is measured as 25(OH)D.

There is not complete agreement on the optimal vitamin D blood level. Although the Institute of Medicine recently proposed that a 25(OH)D level of 20–50 ng/mL is sufficient for the general public,<sup>9</sup> vitamin D experts recommend maintaining a level of at least 30 ng/mL, with 30–80 ng/mL considered vitamin D sufficiency, 20–30 ng/mL considered insufficiency, and below 20 ng/mL considered vitamin D deficiency.<sup>1</sup>

## How Much Vitamin D Should I Take?

There is not complete agreement on the optimal daily dose of vitamin D. The current Recommended Dietary Allowance (RDA) set by the Institute of Medicine's Food and Nutrition Board is 600–800 IU per day, depending on age, and the upper limit for daily intake is set at 4,000 IU.<sup>9</sup> Vitamin D experts consider the RDA doses to be conservative and generally recommend higher intakes for most adults (such as 2,000–4,000 IU per day), particularly those who have low vitamin D levels. Vitamin D needs also vary from person to person and are dependent on several factors. Speak to your doctor to determine how much vitamin D you need.

\* This statement has not been reviewed by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Thera-D 2000 (180 tablets)

### Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 180

	Amount Per Tablet	% Daily Value
Vitamin D <sub>3</sub> (cholecalciferol)	2000 IU	500%

**Other Ingredients:** Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica

#### Suggested Use:

Take one tablet per day with food.

## Thera-D 4000 (90 tablets)

### Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 90

	Amount Per Tablet	% Daily Value
Vitamin D <sub>3</sub> (cholecalciferol)	4000 IU	1000%

**Other Ingredients:** Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica

#### Suggested Use:

Take one tablet per day with food.



# Why Theralogix?

## NSF® International Dietary Supplements Certification

Theralogix is committed to providing only the highest-quality supplements. Thera-D products are certified by NSF International. NSF is a not-for-profit organization that is the world leader in standards development and product certification for public health and safety. NSF has implemented the highest quality control standards in the supplements industry. The NSF mark is your assurance of a dietary supplement's content accuracy, purity, and freedom from contaminants.

## Manufactured in an NSF-Registered Facility

The facility where Thera-D and other Theralogix nutritional supplements are manufactured has been registered with NSF and is in compliance with current Good Manufacturing Practices (cGMPs). These guidelines define the manufacturing processes, procedures, and documentation that assure the identity, strength, composition, and quality of the product.

## Medical Advisory Board Oversight

The leading academic physicians and scientists of the Theralogix Medical Advisory Board meet regularly to oversee all product formulations. You can be sure that Thera-D is safe and reflects ongoing review of the most current scientific evidence.

Visit [www.theralogix.com](http://www.theralogix.com) to learn more.

## References

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Theralogix products are not available in stores.

Order Thera-D  
without a prescription  
online at [www.theralogix.com](http://www.theralogix.com)  
or by phone 24/7 at (800)449-4447.

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